

Maple Syrup Baked Acorn Squash

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-microwave-acorn-squash-recipe>

Ingredients:

- 2 acorn squash large
- 4 tablespoons maple syrup good-quality all-natural, do not use artificial syrup!
- 4 tablespoons unsalted butter melted
- 1 teaspoon kosher salt

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 35 grams
3. Cholesterol: 30 milligrams
4. Fat: 11 grams
5. Fiber: 4 grams
6. Protein: 2 grams
7. SaturatedFat: 7 grams
8. Sodium: 610 milligrams
9. Sugar: 12 grams

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