

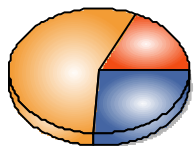


## Roasted Acorn Squash

By: Created by DrJez LLC

Recipe grams: 517.20g/18.2oz

Serves 2 258.60g/9.1oz per serving



Protein: 5%  
Carbohydrates: 94%  
Fat: 1%

### INGREDIENTS

1 squash ACORN SQUASH, RAW  
2 tbsp SLENDA BROWN  
2 fl oz ORANGE JUICE, UNSWEETENED

### DIRECTIONS

Preheat Broiler.

Cut Acorn Squash cross-wise into 1 inch slices. Remove seeds and place on a nonstick cookie sheet sprayed with olive oil cooking spray. Broil for 5 minutes until beginning to get soft.

Remove from oven and pour orange juice over slices and sprinkle with Splenda Brown sugar blend and replace until sugar is melted.

Remove and serve. Caution - sugar will be hot.

### Nutrition Facts

Serving Size: 1 serving (258.6g)

Servings: 1

Amount Per Serving	
Calories 160	Calories from Fat 0
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 38g	<b>15%</b>
Dietary Fiber 3g	<b>15%</b>
Sugars 3g	
<b>Protein</b> 2g	
Vitamin A 15%	Vitamin C 60%
Calcium 8%	Iron 8%
*Percent Daily Values are based on a 2,000 calorie diet.	