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School of
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METABOLIC NUTRITION PROGRAM

Honey-Roasted Acorn Squash Rings – 8 Servings

Adapted from Cooking Light

Serving Size: 1 squash slice

Per Serving: 110 Calories, 1.4 gm Protein, 2.5 gm Fat, 22 gm Carbohydrates

- 2 acorn squash
- 2 tablespoons honey
- 4 teaspoons olive oil
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon salt

Directions

1. Preheat oven to 375 degrees. Cut 1/4 inch from the stem end and bottom of each squash, and discard. Cut each squash in half crosswise. Discard seeds and membrane.
2. Cut each squash half crosswise into 2 slices, each 1-inch thick. You will end up with a total of 8 slices.
3. Combine honey, olive oil, pepper and salt in a large bowl. Add squash, and toss to coat.
4. Place squash on a jelly-roll pan coated with cooking spray. Bake at 375 degrees for 30 minutes or until tender.

Makes 8 servings.

Nutrition Facts			
Serving Size (178g)			
Servings Per Container			
Amount Per Serving			
Calories 110	Calories from Fat 25		
% Daily Value*			
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 150mg			6%
Total Carbohydrate 22g			7%
Dietary Fiber 3g			12%
Sugars 8g			
Protein 1g			
Vitamin A 10%		Vitamin C 30%	
Calcium 6%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4