



## Acorn Squash with Apple Stuffing

READY IN



30 min.

SERVINGS



30

CALORIES



58 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 acorn squash seeded
- 1 cup apples peeled chopped
- 2 Tbsp butter
- 1 cup sharp cheddar cheese shredded kraft
- 6 oz stove top stuffing mix for chicken
- 1.3 cups water

### Equipment

- sauce pan

microwave

## Directions

- Cut each squash piece lengthwise in half; place, cut sides down, on microwaveable plate. Microwave on HIGH 12 to 15 min. or until tender.
- Meanwhile, bring water and butter to boil in medium saucepan.
- Add stuffing mix and apples; stir. Cover.
- Remove from heat.
- Let stand 5 min.; stir in cheese.
- Turn squash over; fill with stuffing. Microwave 2 min. or until heated through.

## Nutrition Facts



## Properties

Glycemic Index: 3.63, Glycemic Load: 0.18, Inflammation Score: -2, Nutrition Score: 2.6360869524272%

## Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epigallocatechin: 0.01mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epicatechin: 0.31mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 57.7kcal (2.89%), Fat: 2.28g (3.5%), Saturated Fat: 1.26g (7.91%), Carbohydrates: 7.98g (2.66%), Net Carbohydrates: 7.27g (2.64%), Sugar: 0.92g (1.02%), Cholesterol: 5.86mg (1.95%), Sodium: 111.78mg (4.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.75g (3.5%), Selenium: 3.94µg (5.63%), Vitamin B1: 0.08mg (5.06%), Calcium: 42.39mg (4.24%), Manganese: 0.08mg (4.17%), Vitamin C: 3.35mg (4.06%), Folate: 15.35µg (3.84%), Phosphorus: 36.28mg (3.63%), Potassium: 121.24mg (3.46%), Vitamin A: 169.21IU (3.38%), Magnesium: 12.81mg (3.2%), Vitamin B6: 0.06mg (2.86%), Fiber: 0.71g (2.85%), Vitamin B3: 0.53mg (2.67%), Vitamin B2: 0.04mg (2.58%), Iron: 0.43mg (2.38%), Copper: 0.04mg (1.81%), Vitamin B5: 0.16mg (1.57%), Zinc: 0.23mg (1.55%)