



HEALTH SCORE

100%

Acorn Squash with Kale and Sausage

 Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 medium acorn squash seeds removed halved
- 0.3 teaspoon pepper black freshly ground
- 2 cloves garlic finely chopped
- 8 ounces turkey sausage italian hot
- 4 cups kale packed
- 0.5 teaspoon kosher salt
- 1 large leek light white green halved sliced
- 0.3 cup chicken broth reduced-sodium

- 3 teaspoons olive oil divided
- 2 tablespoons panko bread crumbs
- 2 tablespoons parmesan fresh grated
- 0.3 cup walnut pieces chopped

Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil
- broiler

Directions

- Heat oven to 375°.
- Cut a thin slice off round side of each squash half to create a stable base.
- Sprinkle with salt and pepper; coat with cooking spray.
- Place squash flesh side down on a baking sheet lined with aluminum foil; bake until golden and tender, 30 minutes.
- Remove from oven; flip squash and set aside.
- Heat broiler. In a large nonstick skillet over medium heat, heat 1 teaspoon oil.
- Add sausage; cook, breaking into coarse pieces, until brown, 6 minutes; transfer to a bowl. To same skillet, add remaining 2 teaspoons oil and leek; cook until leek is soft, 3 minutes.
- Add garlic; cook, 30 seconds.
- Add kale and toss; add broth. Cover and cook until kale is tender, 5 minutes; stir in sausage. Divide kale-sausage filling among squash. In a bowl, combine walnuts, Parmesan and panko; sprinkle evenly over squash bowls and coat with cooking spray. Broil until panko is golden, 2 minutes.
- Self

Nutrition Facts

PROTEIN 17.67% FAT 39.72% CARBS 42.61%

Properties

Glycemic Index:43.25, Glycemic Load:1.18, Inflammation Score:-10, Nutrition Score:28.792608782649%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg, Isorhamnetin: 4.96mg Kaempferol: 10.43mg, Kaempferol: 10.43mg, Kaempferol: 10.43mg, Kaempferol: 10.43mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg, Quercetin: 4.79mg

Nutrients (% of daily need)

Calories: 306.3kcal (15.31%), Fat: 14.36g (22.1%), Saturated Fat: 3.39g (21.19%), Carbohydrates: 34.67g (11.56%), Net Carbohydrates: 28.89g (10.51%), Sugar: 3.41g (3.79%), Cholesterol: 31.75mg (10.58%), Sodium: 921.93mg (40.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.38g (28.76%), Vitamin K: 94.96µg (90.44%), Vitamin C: 63.79mg (77.32%), Vitamin A: 3363.15IU (67.26%), Manganese: 0.98mg (49.03%), Iron: 8.33mg (46.27%), Vitamin B6: 0.7mg (34.96%), Vitamin B1: 0.46mg (30.43%), Potassium: 1041.64mg (29.76%), Magnesium: 111.89mg (27.97%), Phosphorus: 261.1mg (26.11%), Selenium: 16.48µg (23.54%), Vitamin B3: 4.63mg (23.15%), Fiber: 5.78g (23.13%), Folate: 81.19µg (20.3%), Calcium: 199.67mg (19.97%), Copper: 0.39mg (19.35%), Vitamin B5: 1.46mg (14.55%), Vitamin B2: 0.25mg (14.49%), Zinc: 2mg (13.35%), Vitamin E: 0.84mg (5.59%), Vitamin B12: 0.31µg (5.18%)