



Acorn Squash with Pear Stuffing

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



423 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 2 acorn squash
- 2 tablespoons bourbon
- 2 tablespoons butter
- 0.5 teaspoon ground ginger
- 0.5 teaspoon ground nutmeg
- 2 tablespoons brown sugar light
- 1 small onion chopped
- 1.5 cups orange juice

- 2 medium pears peeled chopped
- 1 teaspoon salt
- 0.8 cup sugar

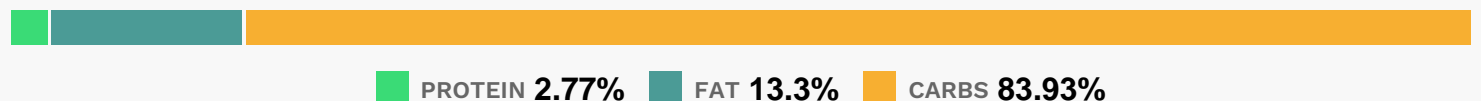
Equipment

- frying pan
- sauce pan
- oven
- baking pan

Directions

- Cut each squash in half lengthwise; remove and discard seeds and membranes.
- Place squash halves, cut side down, in a 13- x 9-inch baking dish.
- Add water to depth of 1 inch.
- Bake, covered, at 400 for 45 minutes.
- Drain. Return squash halves to dish, cut side up. Set aside.
- Melt butter in a large skillet over medium heat; add onion, and cook, stirring occasionally, 20 minutes.
- Add pear and next 5 ingredients; cook, stirring occasionally, 5 minutes. Spoon mixture into squash halves.
- Bake at 350 for 15 to 20 minutes.
- Bring orange juice to boil in a small saucepan. Stir in sugar, and boil 10 minutes.
- Serve over squash.

Nutrition Facts



Properties

Glycemic Index:67.71, Glycemic Load:35.48, Inflammation Score:-9, Nutrition Score:16.27478264175%

Flavonoids

Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg, Cyanidin: 1.83mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg, Epigallocatechin: 0.53mg Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg, Epicatechin: 3.35mg Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg, Epicatechin 3-gallate: 0.02mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg, Hesperetin: 11.11mg Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg, Naringenin: 1.99mg Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg, Isorhamnetin: 1.14mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 422.76kcal (21.14%), Fat: 6.4g (9.85%), Saturated Fat: 1.33g (8.34%), Carbohydrates: 90.89g (30.3%), Net Carbohydrates: 84.33g (30.66%), Sugar: 60.56g (67.28%), Cholesterol: 0mg (0%), Sodium: 658.6mg (28.63%), Alcohol: 2.51g (100%), Alcohol %: 0.67% (100%), Protein: 3g (5.99%), Vitamin C: 75.35mg (91.33%), Potassium: 1078.69mg (30.82%), Vitamin B1: 0.41mg (27.08%), Manganese: 0.54mg (26.84%), Fiber: 6.56g (26.25%), Vitamin A: 1250.2IU (25%), Magnesium: 88.93mg (22.23%), Vitamin B6: 0.42mg (21.05%), Folate: 74.44µg (18.61%), Copper: 0.27mg (13.6%), Phosphorus: 112.25mg (11.22%), Iron: 2.02mg (11.21%), Vitamin B5: 1.12mg (11.19%), Vitamin B3: 2.08mg (10.4%), Calcium: 101.94mg (10.19%), Vitamin B2: 0.09mg (5.17%), Vitamin K: 4.08µg (3.89%), Zinc: 0.47mg (3.13%), Selenium: 1.79µg (2.56%), Vitamin E: 0.36mg (2.43%)