



## Acorn Squash with Raspberry Stuffing

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



4

CALORIES



305 kcal

SIDE DISH

### Ingredients

- 1 large acorn squash
- 1 cup brown ready rice (recommended: Uncle Ben's)
- 2 teaspoons olive oil extra-virgin
- 1 tablespoon orange juice concentrate frozen
- 0.3 teaspoon pumpkin pie spice (recommended: McCormick)
- 0.3 cup raspberries frozen
- 0.3 cup raspberry and walnut vinaigrette light
- 1 scallion finely chopped

0.3 cup walnuts chopped

## Equipment

oven

mixing bowl

baking pan

aluminum foil

pastry brush

## Directions

Watch how to make this recipe.

Preheat oven to 400 degrees F.

Cut squash in half and scoop out seeds. Use a pastry brush to brush squash with olive oil and sprinkle with pumpkin pie spice; set aside.

In a large mixing bowl, stir to combine remaining ingredients. Fill centers of squash with stuffing mixture.

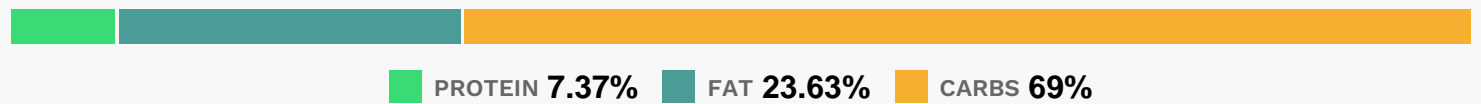
Place in a baking dish and cover with foil.

Bake in preheated oven for 45 minutes.

Remove foil and continue baking another 15 to 20 minutes or until squash is fork tender.

Cut each half acorn squash into half and serve hot.

## Nutrition Facts



## Properties

Glycemic Index:34.19, Glycemic Load:20.56, Inflammation Score:-7, Nutrition Score:15.680869625962%

## Flavonoids

Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg, Cyanidin: 3.63mg Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg, Petunidin: 0.02mg Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg, Delphinidin: 0.1mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 0.07mg, Pelargonidin: 0.07mg,

Pelargonidin: 0.07mg, Pelargonidin: 0.07mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.26mg, Epicatechin: 0.26mg, Epicatechin: 0.26mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

## **Nutrients (% of daily need)**

Calories: 304.77kcal (15.24%), Fat: 8.23g (12.66%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 49.7g (18.07%), Sugar: 4.83g (5.37%), Cholesterol: 0mg (0%), Sodium: 136.17mg (5.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.78g (11.55%), Manganese: 2.28mg (114.21%), Magnesium: 117.67mg (29.42%), Vitamin B1: 0.39mg (25.76%), Vitamin C: 19.87mg (24.08%), Vitamin B6: 0.46mg (23.15%), Phosphorus: 195.18mg (19.52%), Fiber: 4.34g (17.37%), Copper: 0.33mg (16.5%), Potassium: 577.15mg (16.49%), Vitamin B3: 2.99mg (14.93%), Vitamin B5: 1.23mg (12.29%), Iron: 1.97mg (10.92%), Folate: 41.36µg (10.34%), Zinc: 1.38mg (9.18%), Vitamin A: 443.63IU (8.87%), Vitamin K: 8.25µg (7.85%), Calcium: 64.71mg (6.47%), Vitamin B2: 0.05mg (3.18%), Vitamin E: 0.45mg (2.97%), Selenium: 0.96µg (1.37%)