

Apple-Stuffed Squash

 Vegetarian  Gluten Free

READY IN



65 min.

SERVINGS



2

CALORIES



350 kcal

SIDE DISH

Ingredients

- 1 medium acorn squash halved seeded
- 2 tablespoons brown sugar
- 2 tablespoons brown sugar
- 2 tablespoons butter
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon nutmeg
- 1 tablespoon raisins
- 0.3 teaspoon salt

- 1 medium baking apples are apples that have a sweet-tart balance and hold their shape when thinly sliced

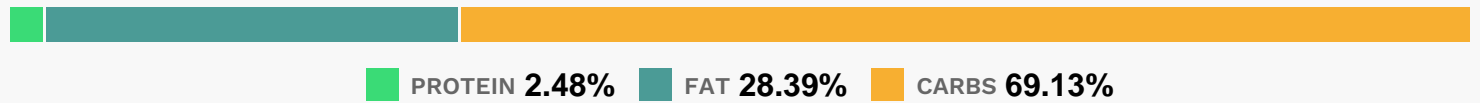
Equipment

- frying pan
- oven
- baking pan

Directions

- Sprinkle squash with salt. In a small skillet, saute apple slices and raisins in butter until apples are tender.
- Add the brown sugar, cinnamon and nutmeg. Spoon into squash halves; place in an ungreased 11-in. x 7-in. baking dish.
- Bake, uncovered, at 350° for 45–55 minutes or until squash is tender.

Nutrition Facts



Properties

Glycemic Index:107.9, Glycemic Load:6.54, Inflammation Score:-8, Nutrition Score:12.313043528277%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 349.85kcal (17.49%), Fat: 11.86g (18.25%), Saturated Fat: 7.35g (45.92%), Carbohydrates: 64.98g (21.66%), Net Carbohydrates: 58.73g (21.36%), Sugar: 32.83g (36.48%), Cholesterol: 30.1mg (10.03%), Sodium: 396.99mg

(17.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 2.33g (4.66%), Vitamin C: 28.32mg (34.33%), Potassium: 945.4mg (27.01%), Manganese: 0.52mg (26.12%), Fiber: 6.24g (24.98%), Vitamin A: 1191.61IU (23.83%), Vitamin B1: 0.33mg (21.82%), Vitamin B6: 0.39mg (19.74%), Magnesium: 78.96mg (19.74%), Iron: 2.04mg (11.32%), Calcium: 107.61mg (10.76%), Copper: 0.2mg (10.15%), Folate: 40.47µg (10.12%), Phosphorus: 98.39mg (9.84%), Vitamin B5: 0.97mg (9.7%), Vitamin B3: 1.72mg (8.59%), Vitamin B2: 0.06mg (3.76%), Vitamin E: 0.5mg (3.33%), Vitamin K: 3.14µg (2.99%), Zinc: 0.37mg (2.43%), Selenium: 1.57µg (2.24%)