



Barley-Vegetable Stuffed Acorn Squash



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 36 ounces acorn squash
- ☐ 1 cup carrots diced
- ☐ 2 cups pearl barley cooked
- ☐ 1 tablespoon sesame oil dark
- ☐ 2 garlic cloves minced
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 cup leek sliced
- ☐ 2 tablespoons soya sauce low-sodium

- ☐ 1 cup onion diced
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sesame seed toasted
- ☐ 1 cup shiitake mushroom caps fresh sliced
- ☐ 2 cups pkt spinach fresh chopped
- ☐ 1 tablespoon water

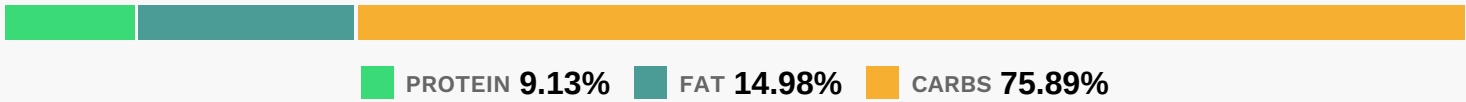
Equipment

- ☐ frying pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cut squash in half lengthwise; discard seeds and stringy pulp.
- ☐ Place squash halves, cut sides up, on a 12–inch round glass platter; sprinkle with water. Cover loosely with plastic wrap; microwave at high 15 minutes or until tender, rotating platter a half–turn every 5 minutes.
- ☐ Let cool slightly. Scoop pulp from shells to equal 2 cups, reserving pulp and shells; set aside.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add mushrooms and next 4 ingredients (mushrooms through garlic); saut 5 minutes. Stir in reserved squash pulp, spinach, and next 4 ingredients (spinach through red pepper). Spoon 1 cup spinach mixture into each squash shell half; sprinkle with sesame seeds.

Nutrition Facts



Properties

Glycemic Index:44.47, Glycemic Load:2.53, Inflammation Score:-10, Nutrition Score:22.575217495794%

Flavonoids

Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg, Kaempferol: 1.26mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg, Quercetin: 5.89mg

Nutrients (% of daily need)

Calories: 209.04kcal (10.45%), Fat: 3.78g (5.81%), Saturated Fat: 0.54g (3.4%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 35.79g (13.01%), Sugar: 3.85g (4.28%), Cholesterol: 0mg (0%), Sodium: 326.08mg (14.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.18g (10.36%), Vitamin A: 5412.26IU (108.25%), Vitamin K: 59.01µg (56.2%), Manganese: 0.81mg (40.31%), Vitamin C: 26.91mg (32.62%), Vitamin B6: 0.58mg (29.08%), Fiber: 7.26g (29.03%), Potassium: 973.84mg (27.82%), Magnesium: 99.52mg (24.88%), Vitamin B1: 0.35mg (23.01%), Vitamin B3: 4.24mg (21.19%), Folate: 83.96µg (20.99%), Phosphorus: 175.99mg (17.6%), Iron: 3.03mg (16.86%), Copper: 0.33mg (16.53%), Vitamin B5: 1.46mg (14.58%), Selenium: 8.54µg (12.19%), Vitamin B2: 0.19mg (11.3%), Calcium: 111.14mg (11.11%), Zinc: 1.37mg (9.1%), Vitamin E: 0.57mg (3.83%)