



Beef-Stuffed Squash

 Vegetarian  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

- 3 small acorn squash halved seeded
- 0.8 cup breadcrumbs
- 1.5 teaspoons brown sugar
- 1.5 teaspoons brown sugar
- 1 eggs beaten
- 1.5 teaspoons juice of lemon
- 1 medium onion minced
- 0.3 cup salad dressing

- 0.8 teaspoon salt
- 0.5 cup water

Equipment

- bowl
- oven
- roasting pan

Directions

- Place squash cut-side down in a roasting pan and pour water in pan.
- Bake at 350° for 30 minutes.
- Meanwhile, in a medium bowl, combine filling ingredients.
- Remove squash from oven. Increase oven temperature to 375°. Lightly spoon filling into each squash cavity.
- Combine glaze ingredients and baste meat and top of squash.
- Bake 40-50 minutes, basting with glaze every 15 minutes.

Nutrition Facts



Properties

Glycemic Index:4.5, Glycemic Load:0.38, Inflammation Score:-7, Nutrition Score:12.943913133248%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg, Quercetin: 3.73mg

Nutrients (% of daily need)

Calories: 188.72kcal (9.44%), Fat: 3.72g (5.72%), Saturated Fat: 0.73g (4.59%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 33.02g (12.01%), Sugar: 4.67g (5.19%), Cholesterol: 27.28mg (9.09%), Sodium: 505.91mg (22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.7g (9.4%), Vitamin C: 25.58mg (31.01%), Vitamin B1: 0.45mg (29.72%), Manganese: 0.51mg (25.74%), Potassium: 823.36mg (23.52%), Magnesium: 78.43mg (19.61%), Vitamin B6: 0.39mg (19.52%), Vitamin A: 834.45IU (16.69%), Fiber: 4.16g (16.62%), Folate: 58.28µg (14.57%), Iron: 2.37mg (13.17%), Vitamin B3: 2.45mg (12.24%), Phosphorus: 121.34mg (12.13%), Calcium: 107.92mg (10.79%), Vitamin B5: 1.08mg (10.76%), Selenium: 7.04µg (10.06%), Copper: 0.19mg (9.67%), Vitamin B2: 0.11mg (6.74%), Vitamin K: 6.47µg (6.16%), Zinc: 0.61mg (4.08%), Vitamin E: 0.31mg (2.05%), Vitamin B12: 0.11µg (1.88%)