



Butter Nut Squash Stuffed With Orange Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



453 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon butter
- ☐ 3 pound butternut squash halved lengthwise
- ☐ 0.8 cup chickpeas canned rinsed drained (garbanzo beans)
- ☐ 0.5 cup carrots chopped
- ☐ 0.8 cup couscous uncooked
- ☐ 0.1 teaspoon curry powder

- ☐ 1 teaspoon curry powder
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 tablespoons honey
- ☐ 0.5 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 1 cup orange juice
- ☐ 3 tablespoons orange juice
- ☐ 0.3 teaspoon orange rind grated
- ☐ 0.5 teaspoon salt
- ☐ 2 tablespoons slivered almonds toasted
- ☐ 2 tablespoons cranberries dried sweetened
- ☐ 0.8 cup vegetable broth
- ☐ 0.5 cup water

Equipment

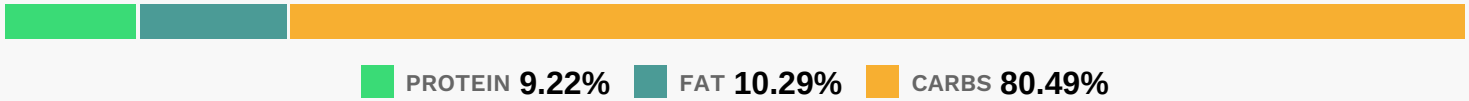
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Place butternut squash, cut sides down, in a 13 x 9-inch baking pan.
- ☐ Add hot water to pan to a depth of 1/2 inch.
- ☐ Bake at 350 for 40 minutes or until tender.
- ☐ While squash bakes, heat a large nonstick skillet over medium-high heat; add oil.
- ☐ Add onion and carrot. Reduce heat to medium-low, and cook 20 minutes or until onion is golden and carrot is tender, stirring frequently. Set aside.

- ☐ Bring broth and next 4 ingredients to a boil. Stir in couscous and next 5 ingredients.
- ☐ Remove from heat. Cover and let stand 5 minutes.
- ☐ Remove and discard seeds from squash; scoop out pulp, leaving 1/4-inch-thick shells. Coarsely chop 1 cup pulp, reserving remaining pulp for another use.
- ☐ Combine reserved onion mixture, squash pulp, couscous mixture, chickpeas, and almonds; toss gently. Spoon mixture evenly into squash shells.
- ☐ Place shells in a 13 x 9- inch baking pan.
- ☐ Bake at 350 for 20 minutes or until thoroughly heated.
- ☐ While shells bake, bring 1 cup orange juice and honey to a boil in a small saucepan. Reduce heat; simmer, uncovered, 10 to 15 minutes or until mixture reduces to 1/3 cup, stirring occasionally. Stir in curry powder and cinnamon.
- ☐ Drizzle juice mixture evenly over couscous mixture.

Nutrition Facts



Properties

Glycemic Index:123.11, Glycemic Load:26.12, Inflammation Score:-10, Nutrition Score:32.127826070332%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 8.93mg, Hesperetin: 8.93mg, Hesperetin: 8.93mg, Hesperetin: 8.93mg Naringenin: 1.62mg, Naringenin: 1.62mg, Naringenin: 1.62mg, Naringenin: 1.62mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg, Isorhamnetin: 1.13mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg, Quercetin: 4.64mg

Nutrients (% of daily need)

Calories: 452.9kcal (22.65%), Fat: 5.53g (8.51%), Saturated Fat: 1.13g (7.04%), Carbohydrates: 97.4g (32.47%), Net Carbohydrates: 85.25g (31%), Sugar: 30.05g (33.39%), Cholesterol: 2.69mg (0.9%), Sodium: 592.58mg (25.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.16g (22.32%), Vitamin A: 39122.94IU (782.46%), Vitamin C: 111.58mg (135.25%), Manganese: 1.49mg (74.44%), Fiber: 12.16g (48.63%), Potassium: 1583.61mg (45.25%), Vitamin E:

6.71mg (44.73%), Magnesium: 166.58mg (41.64%), Vitamin B6: 0.8mg (40.04%), Folate: 138.68µg (34.67%), Vitamin B1: 0.5mg (33.53%), Vitamin B3: 6mg (29.98%), Copper: 0.49mg (24.62%), Phosphorus: 243.87mg (24.39%), Calcium: 222.65mg (22.26%), Iron: 3.82mg (21.22%), Vitamin B5: 2.12mg (21.18%), Vitamin B2: 0.2mg (11.8%), Zinc: 1.32mg (8.82%), Vitamin K: 7.83µg (7.46%), Selenium: 2.97µg (4.24%)