



WHATSheATE



HEALTH SCORE

67%

Capón de Ahuyama (Stuffed Squash or Pumpkin)



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



1074 kcal

SIDE DISH

Ingredients

- ☐ 1 pinch achiote
- ☐ 0.5 cup beef broth
- ☐ 0.5 pound beef loin cubed
- ☐ 2 tablespoon butter
- ☐ 0.5 cup cheese white cubed
- ☐ 0.5 cup rice white cooked
- ☐ 0.3 cup regular corn frozen

- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup hogao sauce (see recipe here)
- ☐ 2 servings salt and pepper to taste
- ☐ 2 small pumpkins washed

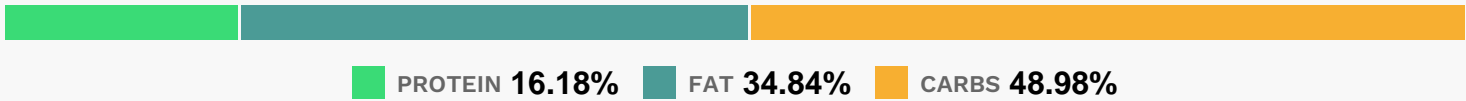
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cut the stem end off each squash. Using a spoon, scoop out the seeds and pulp from the center and discard.
- ☐ Cut a thin slice off the bottom end of each squash to create a level surface. Season the squash cavities with salt and pepper.Cook the squashes in water until the pulp is tender.
- ☐ Drain the water and set the squashes aside.In a large sauté pan over medium heat, melt the butter.
- ☐ Add the beef and sauté, about 10 minutes.
- ☐ Add the broth, hogao, salt and pepper and cook, about 5 minutes. Stir in the cumin and achiote, and stir to combine.
- ☐ Add the corn, cheese and rice to the beef mixture. Stir to combine.Position a rack in the lower third of an oven and preheat to 350°F.Spoon the stuffing into the squash cavities.
- ☐ Place the stuffed squashes in a baking dish covered with foil.
- ☐ Bake for about 15 minutes.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:131.5, Glycemic Load:70.91, Inflammation Score:-10, Nutrition Score:64.321739481843%

Flavonoids

Luteolin: 22.17mg, Luteolin: 22.17mg, Luteolin: 22.17mg, Luteolin: 22.17mg

Nutrients (% of daily need)

Calories: 1073.56kcal (53.68%), Fat: 43.89g (67.52%), Saturated Fat: 21.91g (136.91%), Carbohydrates: 138.79g (46.26%), Net Carbohydrates: 131.21g (47.71%), Sugar: 64.99g (72.22%), Cholesterol: 155.87mg (51.96%), Sodium: 2183.86mg (94.95%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 45.84g (91.69%), Vitamin A: 116416.9IU (2328.34%), Vitamin C: 123.92mg (150.21%), Potassium: 5105.15mg (145.86%), Vitamin B2: 1.78mg (104.82%), Vitamin E: 15.45mg (103%), Phosphorus: 982.75mg (98.28%), Manganese: 1.96mg (97.76%), Copper: 1.86mg (92.79%), Vitamin B6: 1.54mg (76.9%), Vitamin B3: 15.05mg (75.23%), Iron: 13.19mg (73.29%), Zinc: 9.53mg (63.52%), Folate: 245.98µg (61.49%), Selenium: 41.42µg (59.17%), Vitamin B1: 0.8mg (53.37%), Calcium: 526.78mg (52.68%), Magnesium: 208.16mg (52.04%), Vitamin B5: 5.03mg (50.34%), Fiber: 7.59g (30.35%), Vitamin B12: 1.41µg (23.48%), Vitamin K: 18.46µg (17.58%), Vitamin D: 0.17µg (1.13%)