



 **100%**  
HEALTH SCORE

## Company's Coming Stuffed Winter Squash

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



135 min.

SERVINGS



8

CALORIES



721 kcal

SIDE DISH

### Ingredients

- 1 cup apples diced
- 1 tablespoon balsamic vinegar
- 2 cups rice
- 4 small butternut squash ( 4-inch diameter)
- 1 pinch ground pepper
- 3 stalks celery thinly sliced
- 2 teaspoons cumin
- 1 cup currants

- 1 cup currants
- 1 teaspoon thyme dried
- 3 tablespoons rosemary leaves dried fresh chopped
- 3 tablespoons sage dried fresh chopped
- 4 garlic clove minced
- 8 servings pepper fresh black
- 2 tablespoons olive oil
- 1 teaspoon oregano dried
- 1 teaspoon paprika
- 1 cup parsley chopped
- 8 servings parsley (to garnish)
- 1.5 cups pecans
- 0.5 bell pepper diced red
- 0.8 teaspoon sea salt
- 8 servings sea salt
- 2 tablespoons tamari sauce
- 2 tablespoons rice vinegar
- 6 cups water
- 1 cup rice wild
- 0.5 bell pepper diced yellow
- 2 large onion diced yellow

## Equipment

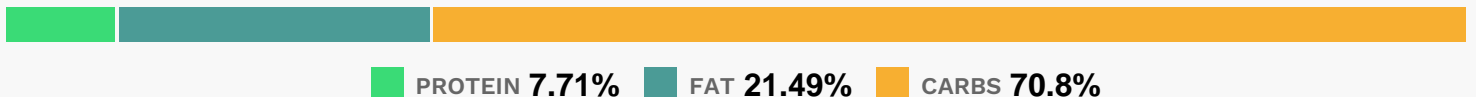
- frying pan
- baking sheet
- sauce pan
- oven
- mixing bowl
- sieve

- roasting pan
- aluminum foil

## Directions

- . Wash squash and trim ends.
- Cut squash crosswise into halves and scoop seeds out. Set aside. Rinse basmati and wild rice in a strainer under cold running water.
- Heat 1 tablespoon olive oil in a large saucepan; add rice and cook 5 minutes.
- Add water to rice and bring to a boil. Reduce flame and cook covered 40 minutes or until water is absorbed and steam holes form in rice.
- Heat 2 tablespoons olive oil in a large skillet.
- Add cumin, paprika, thyme, oregano and cayenne and saut for two minutes.
- Add onions, garlic, celery, peppers and parsley. Cook 20 minutes. Stir in raisins, apples, fresh rosemary and sage. Cook 10 minutes more. Preheat oven to 375F .
- Spread pecans on a baking sheet.
- Place baking sheet in oven and roast pecans 8 to 10 minutes until they begin to release their aroma. Be careful not to burn them.
- Remove pecans from the oven and combine them with the cooked rice, vegetables, tamari, umeboshi and balsamic vinegar in a large mixing bowl.
- Add salt and pepper to taste. Stuff rice mixture firmly into squash halves.
- Place squash in a roasting pan with 1/2 cup water. Cover with foil and bake 45 minutes or until squash is easily pierced with a fork. To serve, slice squash into 1-inch rings and garnish with Italian parsley. Note: Any leftover stuffing can be baked for 30 minutes at 375F in a lightly oiled, covered 2-quart casserole.

## Nutrition Facts



## Properties

Glycemic Index:74.77, Glycemic Load:38.55, Inflammation Score:-10, Nutrition Score:45.235652011374%

## Flavonoids

Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg, Cyanidin: 2.24mg Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg, Delphinidin: 1.35mg Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg, Catechin: 1.55mg Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg, Epigallocatechin: 1.09mg Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg, Epicatechin: 1.33mg Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg, Epigallocatechin 3-gallate: 0.46mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 25.22mg, Apigenin: 25.22mg, Apigenin: 25.22mg, Apigenin: 25.22mg Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg, Luteolin: 0.45mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg, Myricetin: 1.76mg Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg, Quercetin: 8.45mg

## Nutrients (% of daily need)

Calories: 720.51kcal (36.03%), Fat: 18.38g (28.28%), Saturated Fat: 2g (12.5%), Carbohydrates: 136.22g (45.41%), Net Carbohydrates: 120.87g (43.95%), Sugar: 36.25g (40.28%), Cholesterol: 0mg (0%), Sodium: 729.09mg (31.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.83g (29.66%), Vitamin A: 41406.58IU (828.13%), Vitamin K: 219.33µg (208.89%), Vitamin C: 124.06mg (150.38%), Manganese: 2.78mg (138.77%), Fiber: 15.36g (61.44%), Potassium: 2071.47mg (59.18%), Magnesium: 235.15mg (58.79%), Vitamin B6: 1.05mg (52.29%), Vitamin E: 6.9mg (46.03%), Copper: 0.92mg (45.76%), Vitamin B1: 0.67mg (44.42%), Folate: 172.33µg (43.08%), Vitamin B3: 8.09mg (40.44%), Phosphorus: 391.14mg (39.11%), Iron: 6.51mg (36.19%), Calcium: 311.41mg (31.14%), Vitamin B5: 2.58mg (25.77%), Zinc: 3.63mg (24.18%), Vitamin B2: 0.29mg (16.85%), Selenium: 11.03µg (15.75%)