



Comprehensively Stuffed Squash -- a Moosewood

 Very Healthy

READY IN



84 min.

SERVINGS



4

CALORIES



981 kcal

SIDE DISH

Ingredients

- 0.5 cup apples chopped
- 3 tablespoons butter
- 2 butternut squash
- 1 stalk celery chopped
- 1 cup cheddar cheese grated
- 1 cup curd cottage cheese
- 1 eggs

- 1 garlic clove crushed
- 0.5 juice of lemon
- 0.5 cup onion chopped
- 0.5 cup parmesan
- 4 servings bell pepper to taste
- 4 servings bell pepper to taste
- 0.3 cup pumpkin seeds (Mom used these instead of the sunflower, but I think both would be lovey!)
- 0.3 cup raisins
- 0.5 teaspoon sage
- 4 servings salt to taste
- 0.3 cup sunflower seeds
- 0.5 teaspoon thyme leaves
- 0.3 cup walnuts chopped
- 1 cup bread whole wheat
- 1 cup bread whole wheat

Equipment

- oven

Directions

- For four servings of stuffed squash, split 2 decent sized acorn or butternut squash lengthwise down the middle.
- Remove the seeds and bake, face down, on an oiled tray for 30 minutes at 350, or until tender enough to eat.
- Saute onion, garlic, celery, nuts and seeds, lightly salted, in butter. Cook over low heat until onions are clear, nuts are browned, celery is tender (in other words, cook until everything is perfect.).
- Add remaining ingredients (except cheese and egg). Cook, stirring over low heat, 5-8 minutes - until everything is acquainted.
- Remove from heat and mix in egg and cheese. Pack stuffing into squash cavities.

Bake, covered, 25 minutes.

Nutrition Facts

PROTEIN 16.69% **FAT 35.82%** **CARBS 47.49%**

Properties

Glycemic Index:152.3, Glycemic Load:38.48, Inflammation Score:-10, Nutrition Score:62.749565176342%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg, Quercetin: 5.1mg

Nutrients (% of daily need)

Calories: 980.68kcal (49.03%), Fat: 40.86g (62.86%), Saturated Fat: 16.36g (102.27%), Carbohydrates: 121.91g (40.64%), Net Carbohydrates: 101.16g (36.79%), Sugar: 24.54g (27.27%), Cholesterol: 109.17mg (36.39%), Sodium: 1393.46mg (60.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.83g (85.67%), Vitamin A: 45379.41IU (907.59%), Vitamin C: 274.84mg (333.14%), Manganese: 4.16mg (208.13%), Phosphorus: 885.6mg (88.56%), Copper: 1.73mg (86.25%), Fiber: 20.75g (82.99%), Selenium: 57.4µg (82.01%), Calcium: 815.2mg (81.52%), Magnesium: 325.62mg (81.4%), Vitamin E: 12.18mg (81.22%), Vitamin B6: 1.57mg (78.25%), Vitamin B1: 1.14mg (75.82%), Folate: 275.59µg (68.9%), Potassium: 2310.49mg (66.01%), Vitamin B3: 12.48mg (62.38%), Vitamin B2: 0.78mg (46.17%), Iron: 8.08mg (44.9%), Zinc: 5.81mg (38.71%), Vitamin B5: 3.67mg (36.69%), Vitamin K: 26.17µg (24.92%), Vitamin B12: 0.79µg (13.18%), Vitamin D: 0.5µg (3.36%)