

health-score 70%

HEALTH SCORE

Curried Stuffed Acorn Squash

 Vegetarian  Gluten Free  Very Healthy

READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

418 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 acorn squash halved seeded
- ☐ 1 cup brown rice
- ☐ 0.3 cup celery diced
- ☐ 1 cup collard greens chopped
- ☐ 1 tablespoon curry powder
- ☐ 0.5 cup daikon radish sliced
- ☐ 0.5 cup feta cheese crumbled
- ☐ 1 tablespoon garlic minced

- ☐ 1 jalapeno diced
- ☐ 0.3 cup leek sliced
- ☐ 1 tablespoon olive oil or as needed
- ☐ 0.5 cup bell pepper diced red
- ☐ 1.5 teaspoons curry paste red
- ☐ 2 cups vegetable stock
- ☐ 0.3 cup walnuts chopped

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Wrap each squash half with plastic wrap.
- ☐ Place wrapped squash, cut side down, in microwave; cook on high until squash is tender, 12 to 15 minutes. Leave squash wrapped while preparing filling.
- ☐ Heat olive oil in a large skillet over medium heat; cook and stir red bell pepper, radish, leek, celery, jalapeno pepper, and garlic in the hot oil until softened, about 10 minutes.
- ☐ Add vegetable stock and rice; stir to combine. Cover and simmer until broth is absorbed and rice is tender, about 45 minutes.
- ☐ Sprinkle greens into rice mixture; cover and simmer until greens are wilted, about 5 minutes.
- ☐ Add curry powder, curry paste, and walnuts to rice mixture; stir to combine.
- ☐ Unwrap squash and set halves, cut sides up, into 4 soup bowls. Spoon about 2 tablespoons feta cheese into each squash half.
- ☐ Add a large scoop of rice mixture atop feta layer. Top rice mixture layer with any leftover feta.

Nutrition Facts



 **PROTEIN 9.25%**  **FAT 29.46%**  **CARBS 61.29%**

Properties

Glycemic Index:86.44, Glycemic Load:22.13, Inflammation Score:-10, Nutrition Score:29.07956496529%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg, Kaempferol: 1.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

Nutrients (% of daily need)

Calories: 418.11kcal (20.91%), Fat: 14.31g (22.01%), Saturated Fat: 3.85g (24.04%), Carbohydrates: 66.98g (22.33%), Net Carbohydrates: 59.75g (21.73%), Sugar: 3.02g (3.35%), Cholesterol: 16.69mg (5.56%), Sodium: 705.07mg (30.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.11g (20.22%), Manganese: 2.61mg (130.64%), Vitamin C: 59.97mg (72.7%), Vitamin A: 2625.69IU (52.51%), Vitamin K: 49.57µg (47.21%), Vitamin B6: 0.84mg (42.12%), Magnesium: 166.07mg (41.52%), Vitamin B1: 0.58mg (38.89%), Phosphorus: 314.56mg (31.46%), Potassium: 1076.65mg (30.76%), Fiber: 7.23g (28.92%), Calcium: 232.17mg (23.22%), Folate: 92.69µg (23.17%), Copper: 0.45mg (22.33%), Vitamin B3: 4.25mg (21.27%), Iron: 3.56mg (19.79%), Vitamin B5: 1.94mg (19.44%), Vitamin B2: 0.26mg (15.04%), Zinc: 2.2mg (14.64%), Vitamin E: 1.61mg (10.74%), Selenium: 5.12µg (7.32%), Vitamin B12: 0.32µg (5.28%)