



## Gingery Quinoa-Stuffed Acorn Squash

 Vegetarian  Gluten Free

READY IN



85 min.

SERVINGS



2

CALORIES



582 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 acorn squash halved seeded
- 1 apples diced
- 1 tablespoon apple cider vinegar
- 1.5 teaspoons butter
- 2 stalks celery chopped
- 2 inch ginger fresh minced
- 3 cloves garlic minced
- 0.5 bell pepper green chopped

- 1 teaspoon ground cinnamon
- 0.1 teaspoon ground nutmeg
- 1 tablespoon olive oil extra-virgin
- 0.5 large onion chopped
- 0.7 cup quinoa
- 1 dash pepper flakes red crushed
- 2 servings salt and pepper to taste
- 0.5 cup mozzarella cheese shredded
- 1.3 cups water
- 1 tablespoon sugar white

## Equipment

- frying pan
- sauce pan
- oven
- baking pan

## Directions

- Preheat oven to 425 degrees F (220 degrees C).
- Place the squash halves, cut-side up into a small baking dish, and bake until tender, about 45 minutes.
- Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 20 to 25 minutes. When done, stir in the butter until melted, then season to taste with salt and pepper.
- Meanwhile, heat the olive oil in a skillet over medium heat. Stir in the onion, green pepper, and celery; cook and stir until the onion has softened and turned translucent, about 10 minutes. Stir in the apple, and continue cooking until the vegetables are tender, about 10 minutes more.
- Add the garlic and ginger, cook 2 minutes more, then stir in the vinegar, sugar, cinnamon, nutmeg, and red pepper flakes; season to taste with salt and pepper.

- When the squash is tender, scoop out some of the flesh, leaving the halves 1/2 inch thick. Roughly chop the acorn squash, and combine with the quinoa and apple mixture. Spoon the mixture back into the squash shells, and sprinkle with the mozzarella cheese. Return to the oven, and bake until the cheese has melted and is bubbly, about 5 minutes.

## Nutrition Facts

PROTEIN 11.64% FAT 30.37% CARBS 57.99%

### Properties

Glycemic Index:204.05, Glycemic Load:9.36, Inflammation Score:-9, Nutrition Score:32.230434749437%

### Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg, Apigenin: 1.15mg Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg, Luteolin: 1.95mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg, Quercetin: 12.15mg

### Nutrients (% of daily need)

Calories: 581.62kcal (29.08%), Fat: 20.42g (31.42%), Saturated Fat: 7.15g (44.7%), Carbohydrates: 87.73g (29.24%), Net Carbohydrates: 75.75g (27.55%), Sugar: 18.84g (20.93%), Cholesterol: 30.18mg (10.06%), Sodium: 449.14mg (19.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.61g (35.23%), Manganese: 1.97mg (98.39%), Vitamin C: 57.62mg (69.84%), Magnesium: 208.94mg (52.23%), Phosphorus: 483.92mg (48.39%), Fiber: 11.98g (47.9%), Vitamin B6: 0.87mg (43.33%), Folate: 171.28µg (42.82%), Potassium: 1455.7mg (41.59%), Vitamin B1: 0.58mg (38.93%), Copper: 0.61mg (30.56%), Calcium: 298.3mg (29.83%), Vitamin A: 1439.68IU (28.79%), Iron: 4.86mg (27.02%), Zinc: 3.17mg (21.12%), Vitamin B2: 0.36mg (20.98%), Vitamin K: 21.64µg (20.61%), Vitamin E: 2.98mg (19.9%), Selenium: 11.81µg (16.88%), Vitamin B5: 1.62mg (16.18%), Vitamin B3: 2.9mg (14.51%), Vitamin B12: 0.64µg (10.75%)