



Overstuffed Pattypan Squash

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

4

CALORIES

calories

241 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black divided freshly ground
- ☐ 0.5 cup corn kernels fresh
- ☐ 1 tablespoon thyme leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 teaspoon kosher salt divided
- ☐ 0.5 cup lima beans *soaked overnight cooked
- ☐ 2 tablespoons olive oil divided
- ☐ 24 ounce baby vegetables

- ☐ 2 ounces pecans toasted chopped
- ☐ 1 large shallots diced

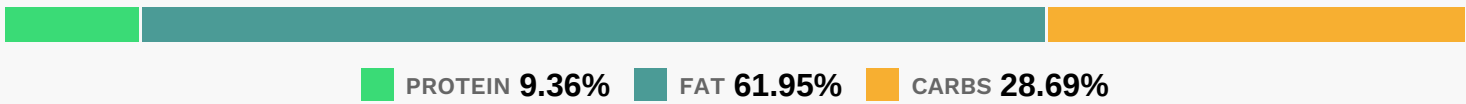
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Watch how to make this recipe.
- ☐ Heat the oven to 400 degrees F. Put a half sheet pan in the oven to heat for 15 minutes.
- ☐ Trim the woody ends and halve the squash crosswise. Scoop out the squash seeds, leaving a 1/2-inch shell. Reserve the flesh.
- ☐ Brush the cut sides of the squash with 1 tablespoon of the olive oil, and season with 1/2 teaspoon of salt and 1/4 teaspoon of pepper. Arrange the squash, cut side down, onto the preheated pan and roast until the squash is tender and the flesh side is browned, about 15 minutes.
- ☐ Transfer the squash to a serving platter and set aside.
- ☐ Meanwhile, finely chop the reserved squash flesh.
- ☐ Heat a 10-inch cast iron skillet over medium heat and add the remaining tablespoon of olive oil. When the oil shimmers add the chopped squash, shallot, garlic, remaining 1/2 teaspoon salt, and 1/4 teaspoon of pepper. Cook, stirring occasionally, until tender and browned, about 2 to 3 minutes.
- ☐ Add the corn, limas, pecans, and thyme. Cook until heated through, approximately 1 minute. Divide the stuffing evenly among the cooked squash and serve immediately.

Nutrition Facts



Properties

Glycemic Index:44.63, Glycemic Load:1.53, Inflammation Score:-9, Nutrition Score:14.512608621431%

Flavonoids

Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg, Cyanidin: 1.52mg Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg, Delphinidin: 1.03mg Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg, Catechin: 1.03mg Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg, Epigallocatechin: 0.8mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg, Epigallocatechin 3–gallate: 0.33mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg, Luteolin: 0.8mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 241.07kcal (12.05%), Fat: 17.93g (27.58%), Saturated Fat: 2g (12.53%), Carbohydrates: 18.68g (6.23%), Net Carbohydrates: 12.75g (4.64%), Sugar: 6.95g (7.72%), Cholesterol: 0mg (0%), Sodium: 587.48mg (25.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.09g (12.19%), Manganese: 1.15mg (57.5%), Vitamin C: 35.54mg (43.08%), Fiber: 5.93g (23.73%), Copper: 0.43mg (21.49%), Folate: 84.24µg (21.06%), Magnesium: 77.83mg (19.46%), Vitamin B1: 0.28mg (18.99%), Potassium: 574.06mg (16.4%), Vitamin B6: 0.31mg (15.38%), Phosphorus: 149.86mg (14.99%), Iron: 2.16mg (11.98%), Vitamin K: 11.32µg (10.78%), Zinc: 1.51mg (10.08%), Vitamin A: 495.77IU (9.92%), Vitamin E: 1.49mg (9.92%), Vitamin B3: 1.66mg (8.29%), Vitamin B2: 0.1mg (6.07%), Calcium: 58.89mg (5.89%), Vitamin B5: 0.56mg (5.58%), Selenium: 2.24µg (3.2%)