



Patty Pan Squash Stuffed with Cajun White Beans

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



2

CALORIES



345 kcal

SIDE DISH

Ingredients

- 0.5 tsp basil
- 0.5 bell pepper chopped fine
- 0.1 tsp pepper black
- 0.1 tsp ground pepper
- 1 stalk celery chopped fine
- 0.5 tsp fennel seeds
- 2 cloves garlic minced

- 15 ounces cannellini beans white rinsed drained canned (or other beans)
- 1 small onion chopped fine
- 0.5 tsp oregano
- 4 medium baby vegetables
- 0.3 tsp rubbed sage
- 0.5 tsp salt
- 1 tsp thyme leaves

Equipment

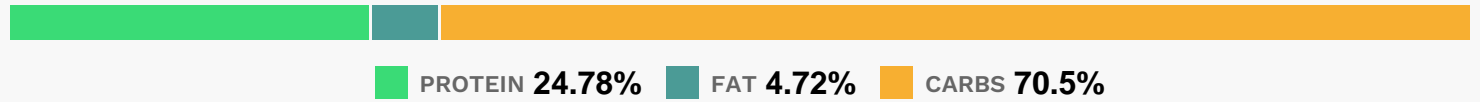
- frying pan
- oven
- pot
- baking pan
- melon baller

Directions

- Place the squash flat side down in a large pot.
- Add about 1 inch of water, cover, and bring to a boil. Cook for about 8 minutes, until a fork easily pierces the top of the squash.
- Remove from the pot and set aside to cool. When cool enough to handle, slice off the top of the squash and use a melon baller to scoop out the flesh from the inside. Be sure to leave a wall of at least 1/4-inch of flesh on all sides of the squash. Turn them upside down to drain, and dice the scooped out flesh coarsely. Preheat the oven to 375 F. Sauté the onions, celery and bell pepper in a large, non-stick skillet for about 5 minutes until soft; add garlic, diced squash, and remaining seasonings and cook for another 2 minutes.
- Add the white beans and cook on low heat for about 5 minutes.
- Place the squash in an 8×8-inch baking pan. Spoon the stuffing into each shell; be sure to really pack it into the shell, and don't be afraid to over-stuff them. Pile any stuffing that remains into the center of the baking pan, right between the squash.
- Bake for about 20 minutes or until the tops begin to brown.
- Serve with additional stuffing.

Serves 2 as a main dish or 4 as a side dish.

Nutrition Facts



Properties

Glycemic Index:152.5, Glycemic Load:1.52, Inflammation Score:-10, Nutrition Score:37.160869826441%

Flavonoids

Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg, Quercetin: 7.3mg

Nutrients (% of daily need)

Calories: 345.48kcal (17.27%), Fat: 1.95g (3%), Saturated Fat: 0.5g (3.15%), Carbohydrates: 65.43g (21.81%), Net Carbohydrates: 44.31g (16.11%), Sugar: 11.19g (12.43%), Cholesterol: 0mg (0%), Sodium: 608.8mg (26.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.99g (45.99%), Vitamin C: 107.15mg (129.88%), Manganese: 1.87mg (93.73%), Folate: 348.47µg (87.12%), Fiber: 21.12g (84.47%), Phosphorus: 504.91mg (50.49%), Magnesium: 199.4mg (49.85%), Potassium: 1651.09mg (47.17%), Copper: 0.92mg (46.11%), Vitamin B1: 0.62mg (41.38%), Vitamin B6: 0.81mg (40.73%), Vitamin A: 1868.53IU (37.37%), Iron: 6.58mg (36.53%), Calcium: 250.94mg (25.09%), Vitamin K: 25.4µg (24.19%), Zinc: 3.1mg (20.69%), Vitamin B3: 3.98mg (19.92%), Vitamin B2: 0.28mg (16.76%), Selenium: 10.15µg (14.5%), Vitamin B5: 1.13mg (11.25%), Vitamin E: 1.1mg (7.35%)