



WHATSheATE



HEALTH SCORE

68%

Quinoa-Stuffed Squash



Gluten Free



Very Healthy

READY IN



107 min.

SERVINGS



4

CALORIES



561 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup carrots finely chopped
- ☐ 2 cups quinoa cooked
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.5 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 4 pound golden nugget squashes
- ☐ 8 ounce turkey sausage italian hot

- ☐ 0.3 teaspoon kosher salt
- ☐ 3 ounces monterrey jack cheese shredded 2% divided reduced-fat
- ☐ 0.5 cup onion finely chopped
- ☐ 0.5 cup water

Equipment

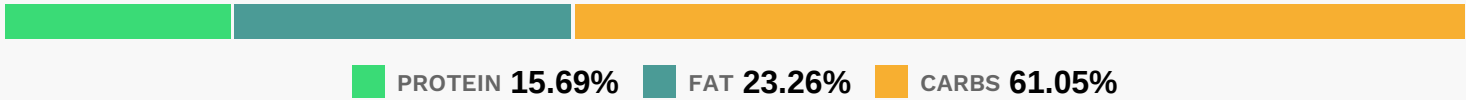
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ broiler
- ☐ microwave
- ☐ slotted spoon

Directions

- ☐ Cut the top quarter off each squash; reserve tops. Discard seeds. Arrange squashes, cut sides down, in 2 (11 x 7-inch) baking dishes. Fill each dish with 1-inch of water; microwave 1 dish at HIGH 15 minutes.
- ☐ Remove dish; repeat with remaining dish. Cool.
- ☐ Preheat oven to 350
- ☐ Heat a large skillet over medium-high heat. Coat pan with cooking spray.
- ☐ Add sausage; saut 5 minutes or until browned, stirring to crumble.
- ☐ Remove sausage with a slotted spoon.
- ☐ Add carrot, onion, and garlic to drippings in pan; saut 2 minutes, stirring frequently. Stir in 1/2 cup water; bring to a boil. Reduce heat to medium; cover and cook 8 minutes or until carrot is tender.
- ☐ Combine sausage, carrot mixture, quinoa, parsley, thyme, salt, and pepper; stir in 1/2 cup cheese. Stuff about 1 cup quinoa mixture in each squash, and top each serving with 1 tablespoon cheese. Arrange stuffed squashes in a broiler-safe baking dish, and place tops in dish.
- ☐ Bake at 350 for 20 minutes or until thoroughly heated.

- ☐ Remove from oven.
- ☐ Preheat broiler to high.
- ☐ Broil squashes 4 minutes or until cheese is golden.

Nutrition Facts



Properties

Glycemic Index:86.38, Glycemic Load:36.49, Inflammation Score:-10, Nutrition Score:39.803043349929%

Flavonoids

Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg, Epicatechin: 1.22mg Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg, Epicatechin 3–gallate: 0.05mg Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg, Epigallocatechin 3–gallate: 0.41mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg, Luteolin: 3.51mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 4.87mg, Kaempferol: 4.87mg, Kaempferol: 4.87mg, Kaempferol: 4.87mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 561.06kcal (28.05%), Fat: 15.27g (23.49%), Saturated Fat: 6.36g (39.72%), Carbohydrates: 90.15g (30.05%), Net Carbohydrates: 72.49g (26.36%), Sugar: 45.14g (50.16%), Cholesterol: 48.97mg (16.32%), Sodium: 842.98mg (36.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.17g (46.34%), Vitamin C: 362.02mg (438.81%), Vitamin K: 218.55µg (208.14%), Fiber: 17.66g (70.64%), Vitamin A: 3498.94IU (69.98%), Manganese: 1.17mg (58.28%), Phosphorus: 509.44mg (50.94%), Iron: 8.36mg (46.44%), Vitamin E: 6.66mg (44.41%), Copper: 0.89mg (44.28%), Folate: 175.21µg (43.8%), Magnesium: 157.9mg (39.47%), Potassium: 1286.84mg (36.77%), Calcium: 362.9mg (36.29%), Vitamin B6: 0.69mg (34.55%), Selenium: 19.5µg (27.86%), Vitamin B2: 0.42mg (24.46%), Zinc: 3.61mg (24.06%), Vitamin B3: 4.39mg (21.93%), Vitamin B1: 0.29mg (19.31%), Vitamin B5: 1.41mg (14.15%), Vitamin B12: 0.42µg (7%)