



Rice-Stuffed Acorn Squash

 Gluten Free

READY IN



45 min.

SERVINGS



45

CALORIES



41 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 acorn squash seeded
- 1 cup four cheese shredded mexican style divided kraft finely
- 1.5 cups rice long-grain white cooked
- 2 Tbsp butter
- 0.5 cup planters pecans toasted chopped

Equipment

- bowl
- baking sheet

- oven
- microwave

Directions

- Heat oven to 375F.
- Place squash, cut-sides up, in microwaveable dish; cover with waxed paper. Microwave on HIGH 12 to 14 min. or until squash is tender.
- Let stand, covered, 5 min.
- Scoop squash from shells into large bowl, leaving 1/4-inch-thick shells.
- Add margarine; mash squash.
- Add rice, nuts and half the cheese; mix well. Spoon evenly into squash shells.
- Place on baking sheet; top with remaining cheese.
- Bake 12 to 15 min. or until heated through and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:3.24, Glycemic Load:1.62, Inflammation Score:-2, Nutrition Score:1.9747826045622%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg, Delphinidin: 0.08mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg, Epigallocatechin: 0.06mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg

Nutrients (% of daily need)

Calories: 40.66kcal (2.03%), Fat: 2.19g (3.37%), Saturated Fat: 0.66g (4.15%), Carbohydrates: 4.7g (1.57%), Net Carbohydrates: 4.14g (1.51%), Sugar: 0.05g (0.06%), Cholesterol: 2.51mg (0.84%), Sodium: 23.2mg (1.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.06g (2.13%), Manganese: 0.12mg (6.13%), Vitamin C: 3.17mg (3.85%), Vitamin B1: 0.05mg (3.29%), Potassium: 108.25mg (3.09%), Vitamin A: 153.49IU (3.07%), Magnesium: 11.85mg (2.96%), Calcium: 28.72mg (2.87%), Phosphorus: 27.3mg (2.73%), Vitamin B6: 0.05mg (2.66%), Fiber: 0.56g

(2.23%), Selenium: 1.29µg (1.84%), Copper: 0.04mg (1.82%), Vitamin B5: 0.16mg (1.56%), Folate: 5.82µg (1.45%), Zinc: 0.21mg (1.37%), Iron: 0.24mg (1.35%), Vitamin B3: 0.24mg (1.18%)