



Ricotta Stuffed Squash

 Gluten Free

READY IN



45 min.

SERVINGS



8

CALORIES



233 kcal

SIDE DISH

Ingredients

- 2 tablespoons butter
- 2 eggs
- 1 tablespoon parsley fresh chopped
- 10 ounce pkt spinach frozen thawed chopped
- 1 clove garlic minced
- 1 pinch ground pepper black
- 1 teaspoon penzey's southwest seasoning italian
- 1 onion chopped

- 0.3 cup parmesan cheese grated
- 2 cups ricotta cheese
- 0.5 teaspoon salt
- 26 ounce spaghetti sauce
- 8 baby squash yellow

Equipment

- frying pan
- oven
- mixing bowl
- baking pan

Directions

- Preheat oven to 375 degrees F (190 degrees C).
- Trim off ends of squash; cut squash in half (lengthwise). With a teaspoon scoop out seeds and part of the pulp leaving shells about 1/2 inch thick. Steam squash shells over boiling water until crisp-tender (about 5 minutes). Plunge into cold water, drain well and set aside.
- In a small frying pan over medium heat, melt one tablespoon of the butter.
- Add onion and garlic and cook until they are done. Squeeze the spinach to remove extra moisture and add to the garlic and onion and cook until thoroughly heated.
- In a medium size mixing bowl, combine eggs, ricotta, Parmesan, parsley, salt, pepper, Italian seasoning and spinach mixture. Fill the squash halves with this mixture, about three tablespoons per shell and place squash in a shallow baking dish. Melt the remaining butter and brush over the squash shells
- Bake for 20 minutes. If desired, serve with tomato sauce.

Nutrition Facts



PROTEIN 23.07% **FAT 49.62%** **CARBS 27.31%**

Properties

Glycemic Index:35, Glycemic Load:3.83, Inflammation Score:-10, Nutrition Score:27.869565113731%

Flavonoids

Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg, Quercetin: 2.8mg

Nutrients (% of daily need)

Calories: 232.54kcal (11.63%), Fat: 13.67g (21.03%), Saturated Fat: 7.92g (49.5%), Carbohydrates: 16.92g (5.64%), Net Carbohydrates: 11.99g (4.36%), Sugar: 8.64g (9.6%), Cholesterol: 82.78mg (27.59%), Sodium: 758.06mg (32.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.3g (28.6%), Vitamin K: 151.13µg (143.94%), Vitamin A: 5442.83IU (108.86%), Vitamin C: 43.52mg (52.76%), Manganese: 0.74mg (36.99%), Vitamin B2: 0.61mg (35.69%), Folate: 133.4µg (33.35%), Vitamin B6: 0.65mg (32.54%), Potassium: 1024.34mg (29.27%), Phosphorus: 262.35mg (26.24%), Calcium: 259.65mg (25.96%), Selenium: 16.7µg (23.86%), Magnesium: 85.44mg (21.36%), Fiber: 4.93g (19.73%), Vitamin E: 2.92mg (19.49%), Iron: 2.84mg (15.8%), Copper: 0.29mg (14.41%), Zinc: 2.01mg (13.4%), Vitamin B1: 0.17mg (11.4%), Vitamin B3: 2.16mg (10.8%), Vitamin B5: 0.96mg (9.6%), Vitamin B12: 0.36µg (5.95%), Vitamin D: 0.36µg (2.4%)