



Roasted Acorn Squash with Wild Rice Stuffing

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



6

CALORIES



297 kcal

SIDE DISH

Ingredients

- 4.5 pounds acorn squash seeds removed halved lengthwise
- 0.5 teaspoon pepper black as needed freshly ground plus more
- 4 celery stalks finely chopped
- 1 tablespoon t brown sugar dark packed
- 0.3 cup cranberries dried finely chopped
- 1 tablespoon thyme sprigs fresh minced
- 1 teaspoon kosher salt as needed plus more
- 0.7 cup pecans toasted finely chopped

- 2 medium shallots finely chopped
- 3 tablespoons butter unsalted melted
- 0.5 medium onion yellow finely chopped

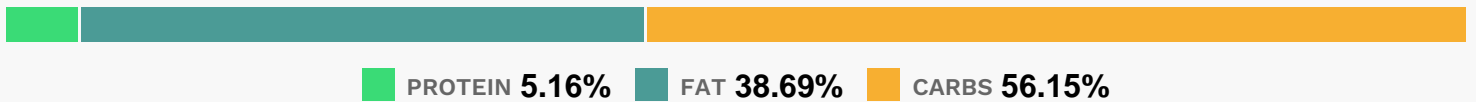
Equipment

- frying pan
- baking sheet
- oven

Directions

- Heat the oven to 450°F and arrange a rack in the middle.
- Place the squash cut-side up on a baking sheet, brush 1 tablespoon of the melted butter over the tops and insides of the squash halves, sprinkle with the brown sugar, and season with salt and pepper. Roast in the oven until just fork tender, about 25 to 30 minutes. Meanwhile, place 1 tablespoon of the melted butter in a large frying pan over medium heat. When it foams, add the onion, shallots, and celery, season with salt and pepper, and stir to coat. Cook, stirring occasionally, until just softened, about 6 minutes. Stir in the thyme and cook until just fragrant, about 1 minute.
- Remove from the heat and stir in the rice, pecans, cranberries, and measured salt and pepper. Divide the rice filling among the roasted squash halves (about 1/2 cup for each) and drizzle the remaining tablespoon of butter over top. Continue roasting until the squash is completely fork tender, the edges have started to brown, and the filling is heated through, about 20 to 25 minutes.

Nutrition Facts



Properties

Glycemic Index:29.33, Glycemic Load:0.66, Inflammation Score:-10, Nutrition Score:18.816956339323%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg, Delphinidin: 0.81mg Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg, Catechin: 0.8mg

Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg, Epigallocatechin: 0.62mg
Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate:
0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate: 0.25mg, Epigallocatechin 3-gallate:
0.25mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.56mg, Luteolin: 0.56mg,
Luteolin: 0.56mg, Luteolin: 0.56mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg,
Isorhamnetin: 0.46mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.1mg, Quercetin: 2.1mg,
Quercetin: 2.1mg, Quercetin: 2.1mg

Nutrients (% of daily need)

Calories: 297.07kcal (14.85%), Fat: 14.04g (21.6%), Saturated Fat: 4.37g (27.28%), Carbohydrates: 45.85g (15.28%),
Net Carbohydrates: 38.76g (14.09%), Sugar: 7.13g (7.92%), Cholesterol: 15.05mg (5.02%), Sodium: 403.01mg
(17.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.21g (8.42%), Manganese: 1.16mg (57.96%), Vitamin C:
40.85mg (49.51%), Vitamin B1: 0.56mg (37.36%), Potassium: 1289.94mg (36.86%), Magnesium: 127.82mg (31.95%),
Vitamin A: 1498.43IU (29.97%), Vitamin B6: 0.6mg (29.81%), Fiber: 7.1g (28.39%), Copper: 0.38mg (18.96%), Iron:
3.04mg (16.9%), Folate: 66.57µg (16.64%), Phosphorus: 164.9mg (16.49%), Vitamin B5: 1.53mg (15.26%), Calcium:
135.72mg (13.57%), Vitamin B3: 2.6mg (13.01%), Zinc: 1.03mg (6.86%), Vitamin B2: 0.06mg (3.74%), Selenium: 2.41µg
(3.44%), Vitamin E: 0.44mg (2.91%), Vitamin K: 2.42µg (2.3%)