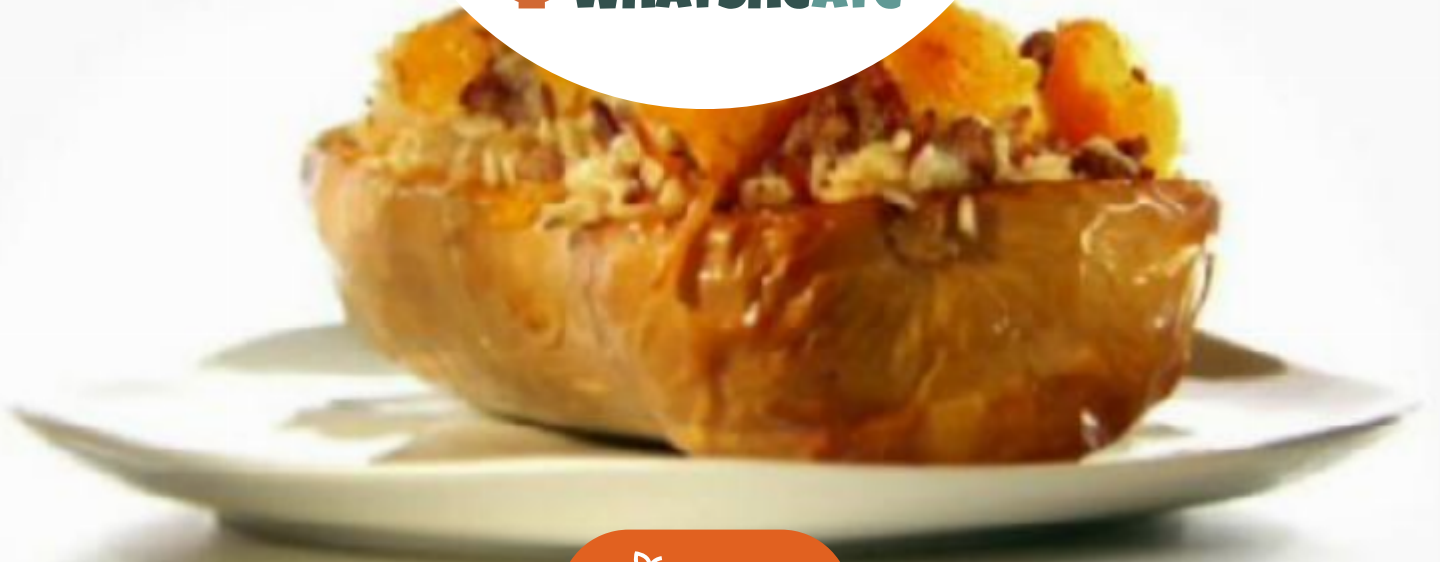




HEALTH SCORE

64%

Roasted Butternut Boats Stuffed with Sausage, Toasted Pasta and Rice



Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



1599 kcal

SIDE DISH

Ingredients

- ☐ 1 pound bulk sausage sweet italian with fennel
- ☐ 3 tablespoons butter
- ☐ 2 butternut squash halved seeded
- ☐ 3 cups chicken stock see
- ☐ 0.5 cup cooking wine dry white
- ☐ 4 servings evoo for liberal drizzling
- ☐ 2 tablespoons sage fresh thinly sliced

- ☐ 3 cloves garlic finely chopped
- ☐ 1 cup grana padano cheese grated
- ☐ 8 ounces gruyère cheese shredded grated
- ☐ 4 servings honey for drizzling
- ☐ 4 servings nutmeg freshly grated
- ☐ 1 onion finely chopped
- ☐ 0.8 cup orzo pasta thin
- ☐ 0.3 cup pinenuts toasted for garnish
- ☐ 1.5 cups rice long-grain
- ☐ 4 servings salt and pepper black freshly ground

Equipment

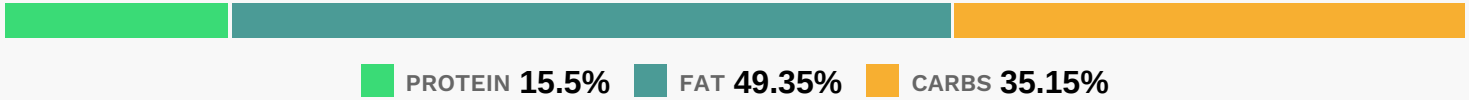
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Preheat the oven to 400 degrees F.
- ☐ Melt 2 tablespoons of the butter in a saucepot over medium heat. Toast the pasta in the butter until deep golden and nutty, and then transfer to a plate.
- ☐ Pour in a drizzle of EVOO and melt the remaining 1 tablespoon butter. When the butter has melted, cook the garlic and onions until softened, 5 minutes. Stir in the rice, coating with the butter, and sprinkle with the sage, salt and pepper.
- ☐ Pour in the wine, letting it absorb into the rice, and then add the stock and bring to a boil. Reduce the heat to a simmer and cook the rice, covered, until al dente, 16 minutes.
- ☐ Remove from the heat and fluff with a fork.
- ☐ Cross-hatch the butternut squash flesh into 1/2-inch-wide scores. Dress with EVOO and sprinkle with salt, pepper and a little nutmeg.

- ☐ Drizzle with a little honey and roast, cut-side down, until the flesh is just tender enough to remove carefully from the shells, 15 to 20 minutes. Scoop the squash pieces into a dish, cut-side up, making sure not to break the squash shells.
- ☐ Heat a drizzle of EVOO in a skillet over medium-high heat and brown the sausage, crumbling the meat as it cooks.
- ☐ Combine the cooked sausage with the pasta, rice and squash. Fill the squash shells with the stuffing, and top with a drizzle of EVOO. Top with the cheeses and bake until hot and browned, 30 minutes.
- ☐ Garnish with the toasted pine nuts and serve hot.

Nutrition Facts



Properties

Glycemic Index:108.61, Glycemic Load:46.36, Inflammation Score:-10, Nutrition Score:59.747391493424%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg, Hesperetin: 0.12mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg, Quercetin: 5.63mg

Nutrients (% of daily need)

Calories: 1599.18kcal (79.96%), Fat: 87.48g (134.58%), Saturated Fat: 34.01g (212.58%), Carbohydrates: 140.2g (46.73%), Net Carbohydrates: 129.4g (47.05%), Sugar: 20.44g (22.71%), Cholesterol: 188.99mg (63%), Sodium: 1875.81mg (81.56%), Alcohol: 3.09g (100%), Alcohol %: 0.41% (100%), Protein: 61.83g (123.66%), Vitamin A: 40953.89IU (819.08%), Copper: 9.95mg (497.52%), Manganese: 3.02mg (150.81%), Calcium: 1130.91mg (113.09%), Phosphorus: 1048.56mg (104.86%), Vitamin C: 82.8mg (100.37%), Vitamin B3: 14.88mg (74.42%), Selenium: 48.68µg (69.54%), Vitamin B6: 1.35mg (67.3%), Magnesium: 251.01mg (62.75%), Vitamin B1: 0.93mg (62.22%), Potassium: 2149.92mg (61.43%), Vitamin E: 9.05mg (60.3%), Zinc: 8.11mg (54.03%), Fiber: 10.8g (43.2%), Vitamin B2: 0.7mg (41.36%), Iron: 6.64mg (36.91%), Vitamin B12: 2.19µg (36.48%), Vitamin B5: 3.62mg (36.22%), Folate: 139.87µg (34.97%), Vitamin K: 21.13µg (20.13%), Vitamin D: 1.94µg (12.93%)