



Roasted Squash Stuffed with Corn Bread Dressing



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



768 kcal

SIDE DISH

Ingredients

- ☐ 5 pound acorn squash
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup carrots finely chopped
- ☐ 1 cup celery finely chopped
- ☐ 7.5 cups cornbread cubed ()
- ☐ 1 cup cranberries dried
- ☐ 0.3 cup currants dried

- ☐ 2 tablespoons parsley fresh finely chopped
- ☐ 2 tablespoons sage fresh chopped
- ☐ 3 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 1 cup onion finely chopped
- ☐ 0.3 cup pecans toasted chopped
- ☐ 0.8 teaspoon sea salt fine
- ☐ 1 cup vegetable stock
- ☐ 4 cups water boiling divided

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Preheat oven to 40
- ☐ Arrange corn bread cubes in a single layer on a jelly roll pan coated with cooking spray.
- ☐ Bake at 400 for 30 minutes or until corn bread is toasted, stirring twice. Set aside.
- ☐ Decrease oven temperature to 35
- ☐ Cut each squash in half lengthwise, and discard the seeds and membranes.
- ☐ Place the squash, cut sides down, in a 13 x 9-inch baking pan. Coat the squash with cooking spray.
- ☐ Pour 2 cups of boiling water over squash. Cover and bake at 350 for 20 minutes.
- ☐ Remove the squash from pan.
- ☐ Place cranberries, currants, and 2 cups boiling water in a bowl. Cover and let stand 30 minutes.

- ☐ Drain.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add onion; saute 5 minutes.
- ☐ Add celery, carrot, sage, and garlic; saute 3 minutes.
- ☐ Combine toasted corn bread cubes, cranberry mixture, onion mixture, broth, and remaining ingredients in a bowl, tossing to coat.
- ☐ Spoon about 1 1/2 cups dressing mixture into each squash half.
- ☐ Place the squash halves in pan, cut sides up.
- ☐ Bake at 350 for 30 minutes or until the tip of a knife pierces squash easily.
- ☐ Totals include Maple Corn Bread.

Nutrition Facts



Properties

Glycemic Index:27.98, Glycemic Load:1.68, Inflammation Score:-10, Nutrition Score:33.268261287523%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg, Apigenin: 2.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg, Myricetin: 0.43mg Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg, Quercetin: 3.88mg

Nutrients (% of daily need)

Calories: 767.69kcal (38.38%), Fat: 20.26g (31.18%), Saturated Fat: 7.01g (43.81%), Carbohydrates: 137.43g (45.81%), Net Carbohydrates: 127.95g (46.53%), Sugar: 41.18g (45.75%), Cholesterol: 101.14mg (33.71%), Sodium: 1363.21mg (59.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.4g (28.81%), Copper: 4mg (200.05%), Phosphorus: 801.43mg (80.14%), Vitamin A: 3432.89IU (68.66%), Manganese: 1.14mg (56.81%), Vitamin B1: 0.7mg (46.93%), Fiber: 9.48g (37.93%), Folate: 147.47µg (36.87%), Vitamin C: 28.95mg (35.09%), Calcium: 346.27mg (34.63%),

Potassium: 1172.51mg (33.5%), Iron: 5.36mg (29.76%), Magnesium: 115.77mg (28.94%), Vitamin B6: 0.58mg (28.87%), Vitamin B3: 5.49mg (27.44%), Vitamin K: 26.11µg (24.87%), Selenium: 17.04µg (24.34%), Vitamin B2: 0.37mg (21.53%), Vitamin B5: 2.08mg (20.77%), Zinc: 1.76mg (11.7%), Vitamin E: 1.44mg (9.59%), Vitamin B12: 0.41µg (6.8%)