



Sausage and Rice-Stuffed Acorn Squash

READY IN



60 min.

SERVINGS



4

CALORIES



1239 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup celery chopped
- ☐ 1.5 cups brown rice cooked
- ☐ 0.3 cup cranberries dried
- ☐ 40 ounces dumpling squashes sweet
- ☐ 3 tablespoons chives fresh chopped
- ☐ 1.5 tablespoons garlic minced
- ☐ 8 ounce sausage sweet italian

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 cup onion finely chopped
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.3 cup swiss cheese shredded

Equipment

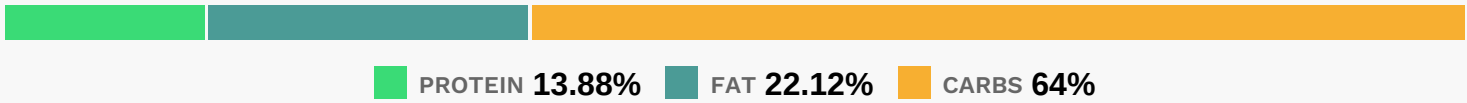
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ roasting pan
- ☐ broiler

Directions

- ☐ Preheat oven to 425
- ☐ Place whole squashes in a roasting pan.
- ☐ Bake at 425 for 30 minutes or until just tender.
- ☐ Let stand for 15 minutes. Halve squashes. Scoop out seeds; discard.
- ☐ Preheat broiler to high.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add Italian sausage to pan; saut 5 minutes or until browned, stirring to crumble.
- ☐ Remove sausage from pan; drain on paper towels. Wipe drippings from pan with a paper towel.
- ☐ Return pan to medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion; saut 4 minutes, stirring occasionally.
- ☐ Add celery; saut 3 minutes, stirring occasionally.
- ☐ Add garlic; saut 1 minute, stirring constantly. Stir in sausage, rice, and next 5 ingredients (through Parmesan). Divide rice mixture evenly among squash halves.

Sprinkle evenly with Swiss cheese. Arrange squash halves on a baking sheet; broil 4 minutes or until golden and cheese is melted.

Nutrition Facts



Properties

Glycemic Index:75.05, Glycemic Load:9.65, Inflammation Score:-8, Nutrition Score:38.093478055752%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg, Isorhamnetin: 2.16mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg, Quercetin: 8.77mg

Nutrients (% of daily need)

Calories: 1238.77kcal (61.94%), Fat: 30.03g (46.2%), Saturated Fat: 9.8g (61.28%), Carbohydrates: 195.52g (65.17%), Net Carbohydrates: 187.6g (68.22%), Sugar: 9.26g (10.29%), Cholesterol: 79.13mg (26.38%), Sodium: 2449.53mg (106.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 42.41g (84.82%), Manganese: 2.81mg (140.38%), Selenium: 98.19µg (140.27%), Vitamin B1: 1.9mg (126.7%), Vitamin B3: 18.38mg (91.89%), Vitamin B2: 1.24mg (73.02%), Folate: 265.42µg (66.35%), Iron: 10.88mg (60.47%), Phosphorus: 469.09mg (46.91%), Fiber: 7.92g (31.68%), Calcium: 306.55mg (30.65%), Copper: 0.57mg (28.29%), Magnesium: 109.04mg (27.26%), Zinc: 4.09mg (27.24%), Vitamin B6: 0.47mg (23.66%), Potassium: 549.87mg (15.71%), Vitamin B12: 0.85µg (14.19%), Vitamin K: 11.14µg (10.61%), Vitamin B5: 0.82mg (8.23%), Vitamin C: 6.62mg (8.02%), Vitamin E: 0.92mg (6.12%), Vitamin A: 282.01IU (5.64%)