



 **23%**  
HEALTH SCORE

## Sausage Stuffed Zucchini

 **Gluten Free**

READY IN



**50 min.**

SERVINGS



**6**

CALORIES



**724 kcal**

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 1 teaspoon basil
- 1 teaspoon basil
- 1 stalk celery chopped
- 1 cup bulgar wheat cooked
- 0.5 cup corn
- 1 teaspoon cumin
- 1 teaspoon curry powder
- 3 garlic clove minced

- 0.3 cup golden raisins
- 6 servings olive oil
- 6 servings olive oil
- 1 onion diced
- 0.3 cup parmesan cheese grated
- 1 teaspoon parsley
- 0.5 cup pinenuts
- 0.5 cup butternut squash diced finely
- 1 bell pepper diced red
- 1 bell pepper diced red
- 6 servings salt and pepper
- 1.5 cups sausage crumbled cooked
- 1 cup tomato sauce
- 0.5 cup vegetable stock
- 0.5 cup wine
- 3 zucchini seeds removed rubbed with sliced lengthwise

## Equipment

- frying pan
- oven
- casserole dish

## Directions

- In a greased casserole dish lay oiled zucchini cut side up. In a skillet on medium high heat, heat oil then saute red peppers, onion, garlic, celery, and butternut till translucent.
- Add sausage, corn, raisins, spices, tomato sauce and bulgur wheat. Adjust seasoning to taste. Mound filling onto zucchini halves, top with cheese and pine nuts.
- Pour wine and stock in bottom of pan.
- Bake 30 minutes at 350F.

# Nutrition Facts

PROTEIN 10.13% FAT 66.33% CARBS 23.54%

## Properties

Glycemic Index:98.61, Glycemic Load:13.9, Inflammation Score:-9, Nutrition Score:30.978261035422%

## Flavonoids

Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg, Catechin: 0.15mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg, Quercetin: 9.02mg

## Nutrients (% of daily need)

Calories: 723.62kcal (36.18%), Fat: 54.36g (83.63%), Saturated Fat: 10.65g (66.54%), Carbohydrates: 43.41g (14.47%), Net Carbohydrates: 36.4g (13.24%), Sugar: 11.76g (13.06%), Cholesterol: 46.21mg (15.4%), Sodium: 990.2mg (43.05%), Alcohol: 2.06g (100%), Alcohol %: 0.63% (100%), Protein: 18.68g (37.35%), Vitamin C: 77.32mg (93.72%), Manganese: 1.79mg (89.43%), Vitamin A: 3037.22IU (60.74%), Vitamin E: 6.85mg (45.64%), Magnesium: 148.7mg (37.18%), Phosphorus: 365.19mg (36.52%), Vitamin B3: 7.02mg (35.09%), Vitamin B6: 0.68mg (34.07%), Copper: 0.67mg (33.43%), Vitamin K: 33.76µg (32.15%), Potassium: 1003.25mg (28.66%), Fiber: 7g (28.01%), Vitamin B2: 0.43mg (25.03%), Zinc: 3.63mg (24.22%), Vitamin B1: 0.34mg (22.85%), Iron: 3.73mg (20.71%), Folate: 77.84µg (19.46%), Vitamin B5: 1.4mg (13.97%), Calcium: 99.25mg (9.92%), Vitamin B12: 0.56µg (9.32%), Selenium: 4.98µg (7.12%), Vitamin D: 0.79µg (5.26%)