



## Shrimp Stuffed Delicata Squash

 **Gluten Free**  **Dairy Free**

READY IN



**35 min.**

SERVINGS



**2**

CALORIES



**237 kcal**

SIDE DISH

### Ingredients

- 0.3 cup bell pepper chopped
- 0.5 teaspoon curry powder to taste
- 1 delicata squash halved lengthwise seeded
- 0.3 cup regular corn frozen
- 1 pinch salt and ground pepper black to taste
- 2 teaspoons olive oil or as needed
- 0.3 cup onion chopped
- 0.3 cup peas frozen

- 0.8 cup shrimp deveined peeled
- 2 tablespoons water

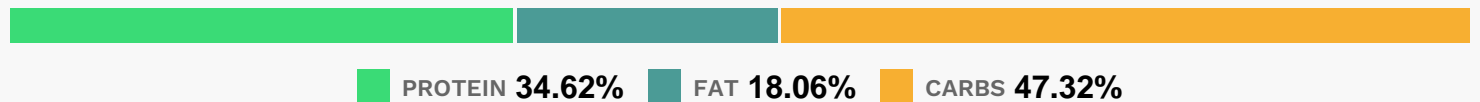
## Equipment

- frying pan
- paper towels
- microwave

## Directions

- Place squash halves, hollow-side down, into a microwave-safe dish; pour in water. Cover with a paper towel or microwave-safe lid.
- Microwave squash until tender, about 15 minutes.
- Heat olive oil in a skillet over medium heat; cook and stir onion and bell pepper in the hot oil until tender, 5 to 10 minutes.
- Add shrimp, corn, and peas; cook until shrimp is no longer transparent in the center and water has evaporated from frozen vegetables, about 5 minutes. Season with curry powder, salt, and pepper.
- Scoop shrimp mixture into squash halves.

## Nutrition Facts



## Properties

Glycemic Index:70.17, Glycemic Load:1.36, Inflammation Score:-10, Nutrition Score:20.236956534178%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 237.27kcal (11.86%), Fat: 5.13g (7.89%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 30.23g (10.08%), Net Carbohydrates: 24.31g (8.84%), Sugar: 7.66g (8.51%), Cholesterol: 142.84mg (47.61%), Sodium: 119.22mg (5.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.12g (44.23%), Vitamin A: 3824.49IU (76.49%), Vitamin C: 61.97mg (75.12%), Potassium: 1208.75mg (34.54%), Phosphorus: 291.94mg (29.19%), Manganese: 0.58mg (28.99%), Copper: 0.57mg (28.41%), Vitamin B6: 0.5mg (25.25%), Fiber: 5.92g (23.67%), Folate: 87.54µg (21.88%), Magnesium: 81.08mg (20.27%), Zinc: 2.14mg (14.24%), Iron: 2.48mg (13.77%), Calcium: 134.56mg (13.46%), Vitamin B2: 0.21mg (12.07%), Vitamin B1: 0.16mg (10.53%), Vitamin K: 10.97µg (10.45%), Vitamin B3: 2.08mg (10.41%), Vitamin E: 1.28mg (8.53%), Vitamin B5: 0.59mg (5.89%), Selenium: 1.6µg (2.29%)