



Spinach Stuffed Zucchini

READY IN



55 min.

SERVINGS



10

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons butter
- 0.3 teaspoon ground pepper black
- 2 tablespoons olive oil
- 0.5 cup onion diced
- 0.8 teaspoon salt
- 1 cup sharp cheddar shredded
- 0.5 cup cup heavy whipping cream sour
- 10 ounce pkt spinach frozen dry thawed chopped
- 1 cup chicken stuffing mix flavored

- 5 large baby squash yellow halved lengthwise

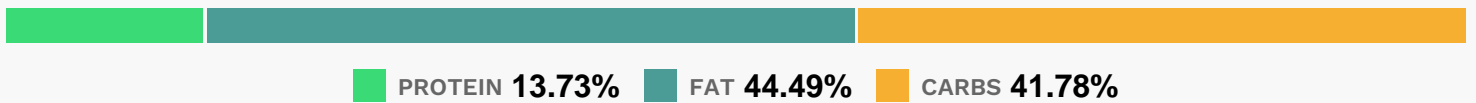
Equipment

- frying pan
- baking sheet
- oven

Directions

- Preheat oven to 400 degrees F.
- Brush cut side of squash with olive oil; sprinkle with salt, and pepper.
- Place squash, cut side down, on a lined baking sheet.
- Bake 15 minutes, or until tender. Scoop out pulp, keeping shells intact; reserve pulp. Reduce heat to 350 degrees F.
- In a large skillet, melt butter over medium heat.
- Add onion; cook 5 minutes or until transparent. To the skillet, add stuffing mix, spinach, sour cream, Cheddar and squash pulp.
- Mix together and add salt and pepper, to taste. Cook for 3 minutes. Spoon mixture evenly into squash shells.
- Place on baking sheet, and bake 15 to 20 minutes, or until heated through.

Nutrition Facts



Properties

Glycemic Index:16.8, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:22.329564910868%

Flavonoids

Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg, Isorhamnetin: 0.4mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 242.41kcal (12.12%), Fat: 12.41g (19.09%), Saturated Fat: 5.44g (34.02%), Carbohydrates: 26.22g (8.74%), Net Carbohydrates: 22.72g (8.26%), Sugar: 6.46g (7.18%), Cholesterol: 24.34mg (8.11%), Sodium: 626.88mg (27.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.62g (17.23%), Vitamin K: 113µg (107.62%), Vitamin A: 3903.01IU (78.06%), Vitamin C: 29.71mg (36.01%), Folate: 132.36µg (33.09%), Manganese: 0.64mg (32.11%), Vitamin B2: 0.46mg (27.1%), Selenium: 17.07µg (24.39%), Vitamin B6: 0.46mg (22.96%), Calcium: 178.12mg (17.81%), Potassium: 615.58mg (17.59%), Phosphorus: 172.19mg (17.22%), Vitamin B1: 0.25mg (16.98%), Magnesium: 63.33mg (15.83%), Fiber: 3.5g (14.02%), Vitamin B3: 2.32mg (11.61%), Iron: 2.07mg (11.49%), Vitamin E: 1.7mg (11.36%), Copper: 0.19mg (9.46%), Zinc: 1.32mg (8.78%), Vitamin B5: 0.47mg (4.7%), Vitamin B12: 0.15µg (2.56%)