



Squasage (Sausage-stuffed Squash)

 Gluten Free

READY IN



100 min.

SERVINGS



4

CALORIES



566 kcal

SIDE DISH

Ingredients

- 2 acorn squash halved seeded
- 1 cup celery chopped
- 1 eggs beaten
- 1 pound ground sausage
- 0.5 cup mushrooms chopped
- 0.3 cup onion chopped
- 0.5 cup parmesan cheese grated
- 0.5 cup cup heavy whipping cream sour

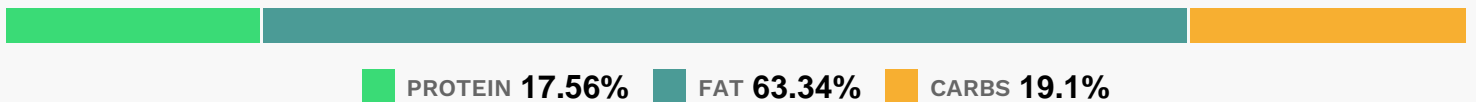
Equipment

- bowl
- frying pan
- baking sheet
- oven
- aluminum foil

Directions

- Preheat oven to 375 degrees F (190 degrees C). Grease a baking sheet or line with aluminum foil.
- Place squash, cut sides down, on the prepared baking sheet.
- Bake in the preheated oven until tender, about 1 hour. Flip squash halves over and set aside to cool.
- Heat a large skillet over medium-high heat. Cook and stir sausage in the hot skillet until browned and crumbly, 5 to 7 minutes; drain and discard grease.
- Add celery, mushrooms, and onion; cook and stir until celery is softened, 5 to 10 minutes.
- Remove skillet from heat.
- Beat egg in a large bowl; stir in sour cream and Parmesan cheese. Stir cheese mixture into sausage mixture. Fill squash halves with sausage filling.
- Bake in the preheated oven until filling is cooked through, about 20 minutes.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:0.4, Inflammation Score:-8, Nutrition Score:22.191739154899%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin:

0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg, Quercetin: 2.13mg

Nutrients (% of daily need)

Calories: 566.39kcal (28.32%), Fat: 40.52g (62.33%), Saturated Fat: 15.23g (95.16%), Carbohydrates: 27.49g (9.16%), Net Carbohydrates: 23.56g (8.57%), Sugar: 2.03g (2.26%), Cholesterol: 150.4mg (50.13%), Sodium: 992.16mg (43.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.28g (50.56%), Vitamin B1: 0.65mg (43.11%), Vitamin B6: 0.76mg (38.13%), Phosphorus: 372.83mg (37.28%), Vitamin B3: 7.41mg (37.06%), Potassium: 1221.54mg (34.9%), Vitamin C: 26.53mg (32.16%), Vitamin A: 1336.14IU (26.72%), Magnesium: 98.26mg (24.57%), Zinc: 3.63mg (24.21%), Calcium: 239.78mg (23.98%), Vitamin B5: 2.18mg (21.83%), Vitamin B12: 1.3µg (21.6%), Vitamin B2: 0.37mg (21.58%), Manganese: 0.43mg (21.35%), Iron: 3.17mg (17.6%), Selenium: 11.16µg (15.94%), Fiber: 3.93g (15.71%), Folate: 58.44µg (14.61%), Copper: 0.28mg (14.2%), Vitamin D: 1.78µg (11.87%), Vitamin K: 8.57µg (8.16%), Vitamin E: 0.58mg (3.84%)