



Squash with Tomato and Feta Cheese

READY IN



75 min.

SERVINGS



6

CALORIES



277 kcal

SIDE DISH

Ingredients

- ☐ 2 cups acorn squash cubed peeled
- ☐ 2 eggs
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 1 sprig rosemary fresh
- ☐ 0.3 bell pepper diced green
- ☐ 2 green onions chopped
- ☐ 0.3 cup heavy cream
- ☐ 0.3 cup parmesan cheese grated
- ☐ 6 servings cracked pepper black to taste

- ☐ 0.5 teaspoon cracked peppercorns black
- ☐ 2 roma tomatoes thinly sliced plum
- ☐ 1 teaspoon salt
- ☐ 1 cup bread stuffing mix dry

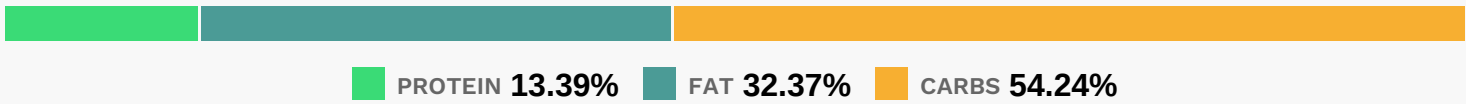
Equipment

- ☐ bowl
- ☐ oven
- ☐ casserole dish
- ☐ steamer basket

Directions

- ☐ Preheat the oven to 350 degrees F (175 degrees C). Lightly grease a medium casserole dish.
- ☐ In a steamer basket over boiling water, steam the squash 10 minutes, or until tender.
- ☐ Remove from heat, and mash with a fork.
- ☐ In a medium bowl, blend the eggs and heavy cream.
- ☐ Mix in the squash, 3/4 of the green onions, green bell pepper, dry stuffing mix, and Parmesan cheese. Season with salt and pepper.
- ☐ Transfer to the prepared casserole dish. Press the rosemary sprig into the center of the mixture. Top with feta cheese, tomato slices, and remaining green onions. Season with pepper.
- ☐ Bake 45 minutes in the preheated oven, until lightly browned. Discard rosemary sprig before serving.

Nutrition Facts



Properties

Glycemic Index:28.5, Glycemic Load:0.4, Inflammation Score:-7, Nutrition Score:13.017391339592%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg, Quercetin: 0.66mg

Nutrients (% of daily need)

Calories: 276.54kcal (13.83%), Fat: 10.01g (15.41%), Saturated Fat: 5.26g (32.87%), Carbohydrates: 37.76g (12.59%), Net Carbohydrates: 35.24g (12.81%), Sugar: 4.46g (4.96%), Cholesterol: 78.56mg (26.19%), Sodium: 1106.82mg (48.12%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.32g (18.64%), Selenium: 26.42µg (37.74%), Folate: 89.92µg (22.48%), Vitamin B1: 0.33mg (22.13%), Manganese: 0.42mg (20.91%), Vitamin B2: 0.33mg (19.26%), Phosphorus: 162.8mg (16.28%), Vitamin C: 12.79mg (15.5%), Vitamin A: 739IU (14.78%), Calcium: 143.16mg (14.32%), Vitamin B3: 2.85mg (14.26%), Iron: 2.34mg (12.98%), Vitamin K: 12.12µg (11.54%), Vitamin B6: 0.22mg (11.01%), Potassium: 378.01mg (10.8%), Magnesium: 40.32mg (10.08%), Fiber: 2.52g (10.07%), Copper: 0.17mg (8.25%), Zinc: 1.06mg (7.04%), Vitamin B5: 0.7mg (7.03%), Vitamin B12: 0.31µg (5.19%), Vitamin E: 0.61mg (4.09%), Vitamin D: 0.55µg (3.66%)