



## Squash with Vegetarian Sausage and Rice Stuffing

 Gluten Free

READY IN



25 min.

SERVINGS



2

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 1 medium acorn squash
- ☐ 0.5 cup peas sweet frozen
- ☐ 0.5 cup water
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup quick-cooking brown rice instant uncooked
- ☐ 3 turkey sausage patties frozen (from 8-oz box)

☐ 2 tablespoons parmesan fresh shredded

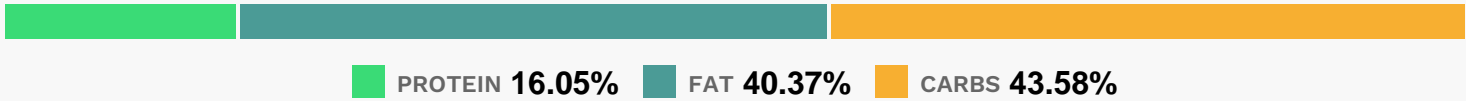
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap
- ☐ microwave
- ☐ glass baking pan

Directions

- ☐ Cut squash in half lengthwise; remove seeds. In 8-inch square (2-quart) glass baking dish, place squash halves, cut side down. Cover with microwavable plastic wrap. Microwave on High 9 to 11 minutes or until squash is fork-tender.
- ☐ Meanwhile, in 2-quart saucepan, heat peas, water, thyme and salt to boiling over high heat. Stir in rice; return to boiling. Reduce heat to low; cover and simmer 5 minutes.
- ☐ Remove from heat; stir.
- ☐ Let stand covered 5 minutes or until liquid is absorbed.
- ☐ Heat 8-inch nonstick skillet over medium heat.
- ☐ Add sausage patties; cook 5 to 6 minutes or until lightly browned and thoroughly heated, breaking up patties into 1/2-inch pieces as they thaw.
- ☐ Fluff rice mixture with fork; stir in sausage and cheese. Spoon rice mixture into squash halves.

Nutrition Facts



Properties

Glycemic Index:72.17, Glycemic Load:1.45, Inflammation Score:-9, Nutrition Score:21.401738975359%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg

Nutrients (% of daily need)

Calories: 410.92kcal (20.55%), Fat: 18.77g (28.88%), Saturated Fat: 6.53g (40.83%), Carbohydrates: 45.6g (15.2%), Net Carbohydrates: 39.85g (14.49%), Sugar: 2.11g (2.34%), Cholesterol: 49.3mg (16.43%), Sodium: 644.3mg (28.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.79g (33.58%), Vitamin B1: 0.77mg (51.64%), Vitamin C: 39.05mg (47.34%), Manganese: 0.73mg (36.46%), Vitamin B3: 6.79mg (33.94%), Vitamin B6: 0.62mg (30.99%), Folate: 120.42µg (30.11%), Potassium: 1006.29mg (28.75%), Phosphorus: 263.13mg (26.31%), Magnesium: 96.05mg (24.01%), Vitamin A: 1166.94IU (23.34%), Iron: 4.19mg (23.27%), Fiber: 5.74g (22.97%), Zinc: 2.57mg (17.13%), Selenium: 10.85µg (15.5%), Calcium: 152.72mg (15.27%), Copper: 0.3mg (14.83%), Vitamin B5: 1.44mg (14.44%), Vitamin B2: 0.17mg (10.06%), Vitamin B12: 0.6µg (10.03%), Vitamin K: 9.35µg (8.91%), Vitamin D: 0.85µg (5.69%), Vitamin E: 0.19mg (1.25%)