



Stuffed Acorn Squash

 Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



373 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 large acorn squash cut in half
- 1 cup apples chopped
- 0.5 lb sausage italian
- 0.5 cup raisins
- 6 oz stove top stuffing mix for chicken

Equipment

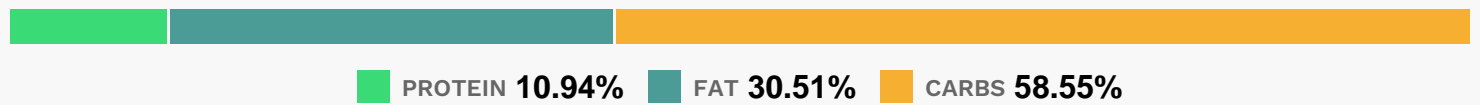
- frying pan
- oven

- baking pan
- aluminum foil

Directions

- Preheat oven to 350F.
- Place squash, cut sides down, on foil-lined 15x10x1-inch baking pan; cover.
- Bake 30 minutes.
- Meanwhile, remove casing from sausage. Crumble sausage into small skillet. Cook until no longer pink; drain.
- Prepare Stuffing as directed on package, except decrease butter to 3 Tbsp.
- Add sausage, apple and raisins; mix lightly.
- Turn squash over. Spoon 3/4 cup of the stuffing mixture into each squash half; cover with foil.
- Bake an additional 30 minutes or until squash is tender, removing foil for last 10 minutes of baking time.

Nutrition Facts



Properties

Glycemic Index:19.8, Glycemic Load:5.92, Inflammation Score:-8, Nutrition Score:17.660869608755%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg, Epicatechin: 1.57mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg, Quercetin: 0.84mg

Nutrients (% of daily need)

Calories: 373.02kcal (18.65%), Fat: 13.12g (20.19%), Saturated Fat: 4.57g (28.58%), Carbohydrates: 56.66g (18.89%), Net Carbohydrates: 51.2g (18.62%), Sugar: 4.51g (5.01%), Cholesterol: 29.01mg (9.67%), Sodium: 684.68mg (29.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.18%), Vitamin B1: 0.7mg (46.83%), Selenium:

24.13µg (34.47%), Vitamin C: 26.07mg (31.6%), Potassium: 1035.14mg (29.58%), Manganese: 0.59mg (29.49%), Vitamin B6: 0.52mg (25.98%), Vitamin B3: 4.53mg (22.63%), Magnesium: 90.26mg (22.56%), Folate: 88.27µg (22.07%), Fiber: 5.46g (21.85%), Iron: 3.37mg (18.74%), Phosphorus: 182.58mg (18.26%), Vitamin A: 802.7IU (16.05%), Copper: 0.28mg (14%), Vitamin B2: 0.23mg (13.35%), Vitamin B5: 1.19mg (11.86%), Calcium: 110.05mg (11.01%), Zinc: 1.25mg (8.34%), Vitamin B12: 0.35µg (5.83%)