



Stuffed Acorn Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



470 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 acorn squash rinsed
- ☐ 2 apples such as fuji sweet cored peeled chopped (1 lb. total)
- ☐ 8 ounces bulk pork sausage
- ☐ 0.3 cup cranberries dried
- ☐ 0.3 teaspoon thyme leaves dried
- ☐ 0.3 cup maple syrup
- ☐ 0.5 cup onion chopped
- ☐ 3 tablespoons pecans chopped

☐ 0.3 cup raisins

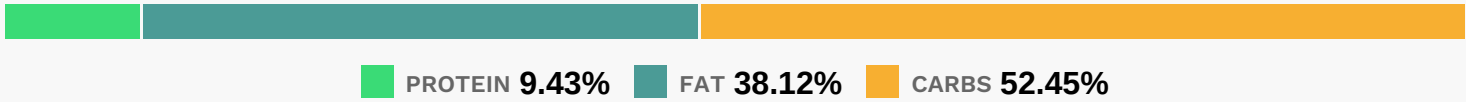
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cut each squash in half crosswise; scoop out seeds.
- ☐ Cut a thin slice off the bottom of each half so it can stand upright.
- ☐ Place each half, cavity side down, in a 9- by 13-inch baking pan and cover pan tightly with foil.
- ☐ Bake in a 350 regular or convection oven until tender when pierced, 45 to 50 minutes.
- ☐ Meanwhile, in a 10- to 12-inch nonstick frying pan over medium-high heat, stir sausage until it is crumbly and just slightly pink, about 5 minutes.
- ☐ Drain off and discard fat.
- ☐ Add onion, apples, raisins, cranberries, and thyme; stir often until apples are tender when pierced, 8 to 10 minutes. Stir in pecans.
- ☐ Uncover squash and turn halves upright; fill equally with sausage mixture.
- ☐ Drizzle equally with maple syrup and bake, uncovered, until filling is slightly browned on top, about 15 minutes longer.

Nutrition Facts



Properties

Glycemic Index:48.08, Glycemic Load:12.53, Inflammation Score:-8, Nutrition Score:19.416086891423%

Flavonoids

Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg, Cyanidin: 2.28mg Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg, Delphinidin: 0.55mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg

Peonidin: 0.02mg Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg, Catechin: 1.73mg Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg, Epigallocatechin: 0.66mg Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg, Epicatechin: 6.91mg Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg, Epicatechin 3–gallate: 0.01mg Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg, Epigallocatechin 3–gallate: 0.35mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg, Quercetin: 8.05mg

Nutrients (% of daily need)

Calories: 470.38kcal (23.52%), Fat: 20.97g (32.26%), Saturated Fat: 5.55g (34.71%), Carbohydrates: 64.91g (21.64%), Net Carbohydrates: 57.39g (20.87%), Sugar: 28.17g (31.3%), Cholesterol: 40.82mg (13.61%), Sodium: 373.54mg (16.24%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.67g (23.34%), Manganese: 1.27mg (63.5%), Vitamin B1: 0.56mg (37.1%), Vitamin C: 30.39mg (36.83%), Potassium: 1169.99mg (33.43%), Vitamin B6: 0.6mg (30.13%), Fiber: 7.52g (30.07%), Magnesium: 99.91mg (24.98%), Vitamin B2: 0.4mg (23.76%), Vitamin B3: 4.53mg (22.65%), Phosphorus: 198.24mg (19.82%), Vitamin A: 889.52IU (17.79%), Copper: 0.33mg (16.63%), Iron: 2.84mg (15.79%), Vitamin B5: 1.41mg (14.08%), Zinc: 2.09mg (13.93%), Calcium: 117.86mg (11.79%), Folate: 45.83µg (11.46%), Vitamin B12: 0.48µg (8.03%), Vitamin D: 0.74µg (4.91%), Vitamin K: 4.22µg (4.02%), Vitamin E: 0.54mg (3.63%), Selenium: 1.57µg (2.24%)