



Stuffed Acorn Squash II

 Gluten Free

READY IN



55 min.

SERVINGS



2

CALORIES



506 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 ounces cheddar cheese cubed
- 1 clove garlic minced
- 0.3 pound sausage meat
- 0.3 pound ground beef lean
- 1 small onion chopped
- 2 servings salt and pepper black freshly ground to taste
- 2 servings vegetable oil

Equipment

- frying pan
- oven
- plastic wrap
- baking pan
- microwave

Directions

- Preheat oven to 350 degrees F (175 degrees C).
- Sprinkle squash with salt and pepper, and lightly spray with cooking oil.
- Place in a baking dish flesh side down, and cover with plastic wrap.
- Microwave on high for 10 to 15 minutes, or until flesh is fork-tender.
- Meanwhile, cook beef and pork in 1 tablespoon of oil on medium high heat until well browned, stirring frequently to crumble.
- Drain, and set aside. In the same skillet, cook the onion and garlic until onion is translucent.
- Combine beef and pork with cheese and onions, and spoon mixture into squash halves.
- Bake, uncovered, in the preheated oven for 15 to 20 minutes, or until cheese is melted and squash is lightly browned. Season with salt and pepper to taste.
- Serve hot.

Nutrition Facts

PROTEIN 22.09% **FAT 74.32%** **CARBS 3.59%**

Properties

Glycemic Index:72, Glycemic Load:1.06, Inflammation Score:-4, Nutrition Score:15.067391343739%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg, Quercetin: 7.13mg

Nutrients (% of daily need)

Calories: 505.95kcal (25.3%), Fat: 41.56g (63.94%), Saturated Fat: 13.86g (86.62%), Carbohydrates: 4.52g (1.51%), Net Carbohydrates: 3.87g (1.41%), Sugar: 1.59g (1.77%), Cholesterol: 104.33mg (34.78%), Sodium: 585.11mg (25.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.79g (55.58%), Zinc: 5.23mg (34.9%), Vitamin B12: 2.05µg (34.21%), Phosphorus: 331.25mg (33.13%), Vitamin B3: 5.85mg (29.24%), Selenium: 18.28µg (26.12%), Vitamin K: 27.15µg (25.86%), Vitamin B6: 0.48mg (23.81%), Calcium: 221.85mg (22.18%), Vitamin B2: 0.3mg (17.46%), Vitamin B1: 0.21mg (13.77%), Potassium: 417.07mg (11.92%), Iron: 2.14mg (11.86%), Vitamin E: 1.63mg (10.89%), Vitamin B5: 0.91mg (9.15%), Magnesium: 32.11mg (8.03%), Vitamin A: 327.97IU (6.56%), Vitamin D: 0.96µg (6.43%), Copper: 0.11mg (5.49%), Manganese: 0.09mg (4.72%), Vitamin C: 3.45mg (4.19%), Folate: 16.07µg (4.02%), Fiber: 0.65g (2.61%)