



Stuffed Acorn Squash Rings

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 lb acorn squash
- 0.3 cup butter divided
- 2 green onions sliced
- 0.5 cup planters pecans toasted chopped
- 0.5 tsp pepper
- 8 oz pineapple in juice crushed undrained canned
- 0.5 cup raisins
- 6 oz stove top cornbread stuffing mix

8 servings water hot

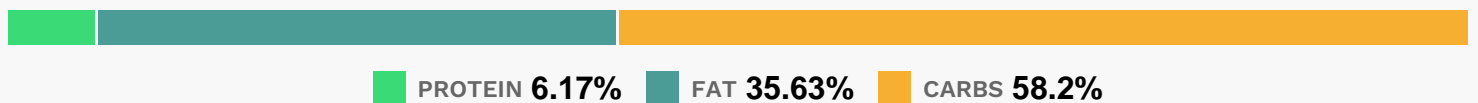
Equipment

- bowl
- frying pan
- oven

Directions

- Heat oven to 350F.
- Cut squash crosswise into 1-inch-thick slices; arrange in single layer in 15x10x1-inch pan. Melt 2 Tbsp. butter; brush onto squash slices. Cover.
- Bake 15 min.
- Cut remaining butter into small pieces; place in medium bowl.
- Drain pineapple, reserving pineapple and juice separately.
- Add enough hot water to reserved pineapple juice to measure 1-1/2 cups.
- Add to pineapple mixture; stir until butter is melted.
- Add stuffing mix, pineapple, nuts, raisins, onions and pepper; stir just until moistened. Spoon evenly over squash slices.
- Bake 20 min. or until squash is tender and stuffing mixture is heated through.

Nutrition Facts



Properties

Glycemic Index:16.6, Glycemic Load:3.91, Inflammation Score:-7, Nutrition Score:11.657826182635%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg, Delphinidin: 0.45mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg, Epigallocatechin: 0.35mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg, Epigallocatechin 3-gallate: 0.14mg,

Epigallocatechin 3-gallate: 0.14mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg
0.04mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

Nutrients (% of daily need)

Calories: 266.3kcal (13.31%), Fat: 11.09g (17.06%), Saturated Fat: 1.79g (11.2%), Carbohydrates: 40.76g (13.59%), Net Carbohydrates: 36.69g (13.34%), Sugar: 6.12g (6.8%), Cholesterol: 0.21mg (0.07%), Sodium: 384.18mg (16.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.32g (8.64%), Manganese: 0.64mg (31.95%), Vitamin B1: 0.37mg (24.53%), Vitamin C: 16.27mg (19.73%), Potassium: 594mg (16.97%), Fiber: 4.07g (16.28%), Selenium: 11.2µg (16%), Magnesium: 62.64mg (15.66%), Folate: 60.06µg (15.02%), Copper: 0.3mg (14.91%), Vitamin A: 718.57IU (14.37%), Vitamin B6: 0.26mg (13.05%), Iron: 2.13mg (11.84%), Vitamin B3: 2.29mg (11.46%), Phosphorus: 99.66mg (9.97%), Calcium: 81.39mg (8.14%), Vitamin B2: 0.13mg (7.82%), Vitamin K: 7.06µg (6.73%), Vitamin B5: 0.61mg (6.06%), Zinc: 0.71mg (4.71%), Vitamin E: 0.41mg (2.74%)