

Stuffed Acorn Squash Supreme

READY IN



30 min.

SERVINGS



4

CALORIES



568 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 medium acorn squash halved seeded
- 0.5 cup apples chopped
- 6 ounce broccoli and cheese rice mix flavored
- 2 teaspoons coriander seeds crushed
- 0.5 cup monterrey jack cheese shredded
- 1 pound diestel breakfast sausage

Equipment

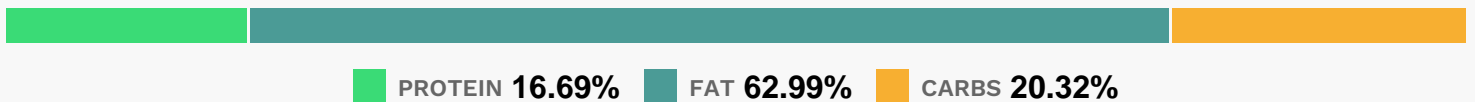
- bowl

- frying pan
- oven
- plastic wrap
- microwave

Directions

- Prepare rice mix according to package directions; cover, and set aside.
- Place squash halves cut side down onto a plate. Cook the squash in a microwave oven for 5 minutes on High, until tender but firm.
- In a medium skillet over medium heat, cook sausage until evenly browned; drain, and set aside.
- In a large bowl, mix together the prepared rice, sausage, apple, and coriander. Stuff each squash half with the mixture.
- Cover stuffed squash halves with plastic wrap, and heat in the microwave until squash is cooked through and soft, about 5 minutes.
- Remove plastic, and top stuffed squash with cheese. Continue to cook until cheese is melted, about 1 minute.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.6, Inflammation Score:-5, Nutrition Score:14.564347982407%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg

Nutrients (% of daily need)

Calories: 568.14kcal (28.41%), Fat: 40.08g (61.66%), Saturated Fat: 15.55g (97.16%), Carbohydrates: 29.08g (9.69%), Net Carbohydrates: 25.87g (9.41%), Sugar: 1.7g (1.88%), Cholesterol: 106.55mg (35.52%), Sodium: 971.29mg (42.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.9g (47.79%), Vitamin B1: 0.47mg (31.32%), Vitamin B3: 6.14mg (30.68%), Vitamin B6: 0.53mg (26.52%), Phosphorus: 260.4mg (26.04%), Potassium: 785.68mg (22.45%), Zinc: 3.08mg (20.52%), Iron: 3.57mg (19.85%), Vitamin B12: 1.08µg (18.02%), Vitamin C: 14mg (16.97%), Calcium: 166.39mg (16.64%), Magnesium: 58.25mg (14.56%), Fiber: 3.22g (12.87%), Vitamin B2: 0.21mg (12.42%), Vitamin B5: 1.23mg (12.31%), Vitamin A: 600.53IU (12.01%), Manganese: 0.21mg (10.58%), Vitamin D: 1.56µg (10.39%), Copper: 0.16mg (8.17%), Folate: 22.46µg (5.62%), Selenium: 2.85µg (4.07%), Vitamin E: 0.28mg (1.87%), Vitamin K: 1.15µg (1.1%)