



Stuffed butternut squash with quinoa



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



70 min.

SERVINGS



2

CALORIES



942 kcal

SIDE DISH

Ingredients

- ☐ 1 medium butternut squash
- ☐ 2 servings olive oil for roasting
- ☐ 1 pinch oregano dried
- ☐ 150 g quinoa white red (we used Merchant Gourmet and Quinoa)
- ☐ 100 g feta cheese
- ☐ 50 g pinenuts toasted
- ☐ 1 small carrots grated (around 50g)
- ☐ 1 small bunch chives snipped

- ☐ 2 juice of lemon
- ☐ 1 bell pepper red chopped
- ☐ 50 g olives black pitted
- ☐ 2 spring onion chopped

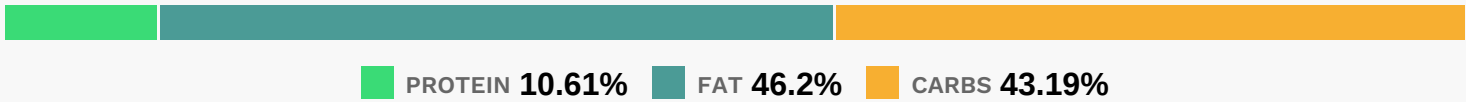
Equipment

- ☐ oven
- ☐ knife
- ☐ baking pan

Directions

- ☐ Heat the oven to 200C/fan 180C/gas
- ☐ Halve the butternut squash, scoop out the seeds and score the flesh with a sharp knife.
- ☐ Arrange the two halves on a baking tray, drizzle with a little olive oil, season with freshly ground black pepper and sea salt, sprinkle with dried oregano and cook for 40 minutes. Take out the oven, add the chopped peppers to the tray alongside the squash and cook for a further 10 minutes.
- ☐ Meanwhile mix the rest of the ingredients. Take the tray out of the oven and carefully transfer the peppers to the stuffing mix. Stir together and spoon the filling onto the butternut squash. Return to the oven for 10 mins.
- ☐ Serve.

Nutrition Facts



Properties

Glycemic Index:93.92, Glycemic Load:2.27, Inflammation Score:-10, Nutrition Score:57.407391014306%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.55mg,

Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg, Isorhamnetin: 0.14mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.68mg, Quercetin: 1.68mg, Quercetin: 1.68mg

Nutrients (% of daily need)

Calories: 942.4kcal (47.12%), Fat: 50.95g (78.39%), Saturated Fat: 10.99g (68.66%), Carbohydrates: 107.19g (35.73%), Net Carbohydrates: 90.26g (32.82%), Sugar: 14.04g (15.6%), Cholesterol: 44.5mg (14.83%), Sodium: 1001.45mg (43.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.34g (52.68%), Vitamin A: 46438.3IU (928.77%), Manganese: 4.63mg (231.59%), Vitamin C: 171.61mg (208.02%), Vitamin E: 13.85mg (92.34%), Magnesium: 365.57mg (91.39%), Phosphorus: 812.04mg (81.2%), Folate: 312.52µg (78.13%), Vitamin B6: 1.42mg (70.9%), Fiber: 16.92g (67.69%), Potassium: 2209.26mg (63.12%), Vitamin K: 62.9µg (59.91%), Vitamin B1: 0.88mg (58.82%), Copper: 1.13mg (56.4%), Vitamin B2: 0.88mg (51.51%), Calcium: 504.38mg (50.44%), Iron: 8.54mg (47.47%), Zinc: 6.23mg (41.55%), Vitamin B3: 8.23mg (41.13%), Vitamin B5: 2.96mg (29.59%), Selenium: 16.36µg (23.37%), Vitamin B12: 0.85µg (14.08%), Vitamin D: 0.2µg (1.33%)