



Stuffed Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



324 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 teaspoons brown sugar
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 4 teaspoons garlic divided minced
- ☐ 0.8 teaspoon ground allspice
- ☐ 0.8 teaspoon ground cinnamon

- ☐ 8 ounces lamb lean
- ☐ 0.5 cup onion finely chopped
- ☐ 0.3 cup converted rice uncooked
- ☐ 0.3 teaspoon salt
- ☐ 15 ounce no-salt-added tomato sauce canned
- ☐ 3 pounds baby squash yellow

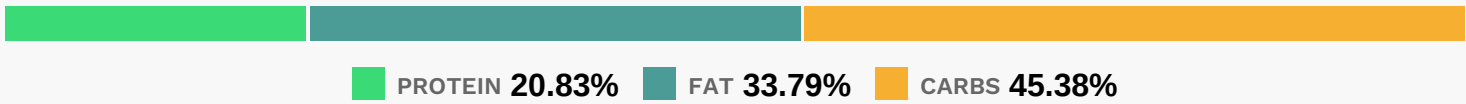
Equipment

- ☐ bowl
- ☐ knife
- ☐ slow cooker

Directions

- ☐ Cut off narrow neck of each squash. Insert a small paring knife into cut ends of squash. Carefully twist knife to remove pulp. (Do not pierce sides of squash.)
- ☐ Combine 2 teaspoons garlic, lamb, and next 7 ingredients (through pepper) in a bowl. Stuff lamb mixture evenly into squash to within 1/4 inch of opening.
- ☐ Place squash horizontally, slightly overlapping, in a 5-quart electric slow cooker coated with cooking spray.
- ☐ Combine remaining 2 teaspoons garlic, onion, and next 3 ingredients (through tomatoes); pour over squash. Cover and cook on LOW for 6 hours or until squash is tender and filling is done.
- ☐ Serve squash with sauce; sprinkle with additional mint, if desired.

Nutrition Facts



Properties

Glycemic Index:79.3, Glycemic Load:12.73, Inflammation Score:-9, Nutrition Score:29.890434617582%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg, Hesperetin: 0.13mg Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg, Apigenin: 8.15mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 324.45kcal (16.22%), Fat: 13.16g (20.25%), Saturated Fat: 5.92g (36.98%), Carbohydrates: 39.76g (13.25%), Net Carbohydrates: 31.35g (11.4%), Sugar: 18.66g (20.74%), Cholesterol: 41.39mg (13.8%), Sodium: 840.68mg (36.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.26g (36.51%), Vitamin C: 82.69mg (100.23%), Vitamin K: 80.8µg (76.95%), Manganese: 1.23mg (61.48%), Vitamin B6: 1.09mg (54.4%), Potassium: 1602.12mg (45.77%), Vitamin B2: 0.63mg (36.93%), Vitamin A: 1735.83IU (34.72%), Fiber: 8.41g (33.64%), Folate: 133.74µg (33.44%), Iron: 4.93mg (27.36%), Copper: 0.54mg (27.17%), Magnesium: 104.19mg (26.05%), Vitamin E: 3.28mg (21.88%), Phosphorus: 218.78mg (21.88%), Vitamin B3: 4.29mg (21.43%), Vitamin B1: 0.29mg (19.61%), Calcium: 136.53mg (13.65%), Vitamin B5: 1.33mg (13.28%), Zinc: 1.76mg (11.74%), Selenium: 4.27µg (6.1%)