



Stuffed Squash

READY IN



102 min.

SERVINGS



8

CALORIES



292 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 0.5 cup butter
- ☐ 2 tablespoons butter
- ☐ 2 rib celery finely chopped
- ☐ 1.3 cups breadcrumbs dry divided fine
- ☐ 1 large eggs lightly beaten
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.5 medium size bell pepper green chopped

- ☐ 3 green onions chopped
- ☐ 0.3 teaspoon ground pepper red
- ☐ 1 medium onion finely chopped
- ☐ 1.3 pounds shrimp raw peeled ()
- ☐ 0.8 teaspoon salt
- ☐ 7 medium zucchini yellow

Equipment

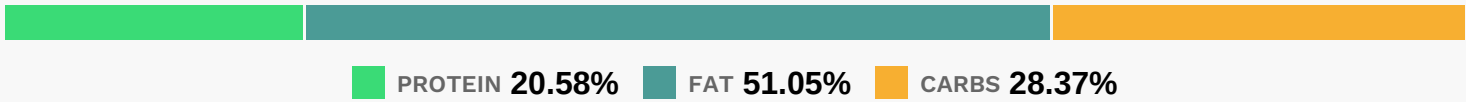
- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ microwave
- ☐ dutch oven

Directions

- ☐ Microwave squash at HIGH 3 minutes.
- ☐ Cut each in half lengthwise. Carefully scoop out pulp into a bowl, leaving a 1/4-inch-thick shell. Finely chop pulp.
- ☐ Meanwhile, devein shrimp, if desired. Coarsely chop shrimp.
- ☐ Melt 1/2 cup butter in a large, deep skillet or Dutch oven over medium heat; add onion, and cook, stirring occasionally, 5 minutes or until tender. Reduce heat to low; add bell pepper and next 4 ingredients; saut 12 minutes or until tender. Stir in squash pulp; cook, stirring often, 5 minutes. Stir in 1 cup breadcrumbs until combined.
- ☐ Remove from heat; stir in shrimp. Stir in salt and next 3 ingredients.
- ☐ Microwave 2 Tbsp. butter at HIGH 10 to 15 seconds or until melted. Spoon squash mixture into shells, pressing down lightly.
- ☐ Sprinkle with remaining 1/4 cup breadcrumbs.
- ☐ Place squash in 2 (11- x 7-inch) baking dishes.
- ☐ Drizzle with melted butter.
- ☐ Bake at 350 for 30 minutes or until lightly browned.

Note: For testing purposes only, we used an 1,100-watt microwave.

Nutrition Facts



Properties

Glycemic Index:44.88, Glycemic Load:1.76, Inflammation Score:-8, Nutrition Score:19.733912986258%

Flavonoids

Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg, Quercetin: 3.46mg

Nutrients (% of daily need)

Calories: 291.5kcal (14.57%), Fat: 16.93g (26.04%), Saturated Fat: 9.67g (60.41%), Carbohydrates: 21.17g (7.06%), Net Carbohydrates: 17.9g (6.51%), Sugar: 5.76g (6.4%), Cholesterol: 150.58mg (50.19%), Sodium: 871.7mg (37.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.36g (30.72%), Vitamin C: 39.9mg (48.36%), Vitamin K: 48.75µg (46.42%), Selenium: 27.94µg (39.91%), Phosphorus: 292.96mg (29.3%), Vitamin B6: 0.57mg (28.66%), Manganese: 0.55mg (27.57%), Vitamin A: 1204.86IU (24.1%), Folate: 94.02µg (23.51%), Vitamin B2: 0.37mg (21.77%), Vitamin B1: 0.28mg (18.69%), Potassium: 639.39mg (18.27%), Vitamin B3: 3.34mg (16.71%), Vitamin B12: 0.93µg (15.52%), Magnesium: 57.69mg (14.42%), Copper: 0.29mg (14.32%), Fiber: 3.26g (13.04%), Calcium: 115.27mg (11.53%), Vitamin E: 1.72mg (11.48%), Iron: 1.95mg (10.85%), Zinc: 1.61mg (10.76%), Vitamin B5: 0.74mg (7.38%), Vitamin D: 0.2µg (1.31%)