



Stuffed Summer Squash di Alici

READY IN



60 min.

SERVINGS



4

CALORIES



328 kcal

SIDE DISH

Ingredients

- ☐ 8 fillet anchovy
- ☐ 4 slice rustic bread cups coarse bread crumbs good prepared
- ☐ 6 clove garlic minced
- ☐ 0.3 cup milk (for soaking anchovies if necessary)
- ☐ 4 servings olive oil
- ☐ 0.5 cup parmesan cheese grated
- ☐ 2 tablespoon parsley italian chopped
- ☐ 1 teaspoon pepper flakes red
- ☐ 4 servings salt and pepper

- ☐ 1 large shallots minced
- ☐ 1 cup milk ricotta cheese whole
- ☐ 1 teaspoon colatura di alici
- ☐ 1 teaspoon colatura di alici

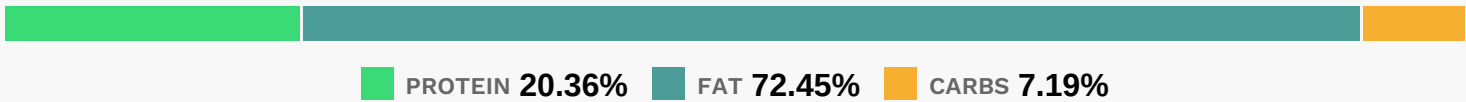
Equipment

- ☐ frying pan
- ☐ oven

Directions

- ☐ Pre-heat oven to 350 FStart by cutting off a little lid and hollowing out each of my squash.
- ☐ Heat 2 tablespoons olive oil in a sautÃ© pan set over medium hr=eat.
- ☐ Add the interior flesh, shallots, garlic, 1 teaspoon of red pepper flakes, and the prepared anchovies.If you can find salt-packed as opposed to oil-packed anchovies try and get them. The salt-packed variety needs to be soaked to remove the salt and reconstitute them somewhat. I often do this in milk. Cook this mixture 6-8 minutes until the anchovies practically disintegrate into the vegetables. To this mixture add chopped parsley and freshly toasted coarse breadcrumbs.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:1.31, Inflammation Score:-6, Nutrition Score:11.768261038739%

Flavonoids

Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 327.78kcal (16.39%), Fat: 26.55g (40.84%), Saturated Fat: 9.45g (59.06%), Carbohydrates: 5.92g (1.97%), Net Carbohydrates: 5.34g (1.94%), Sugar: 0.92g (1.02%), Cholesterol: 53.79mg (17.93%), Sodium: 488.25mg

(21.23%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 16.79g (33.58%), Vitamin K: 42.87µg (40.83%), Calcium: 326.79mg (32.68%), Selenium: 21.19µg (30.27%), Phosphorus: 239.3mg (23.93%), Vitamin B3: 3.49mg (17.44%), Vitamin E: 2.45mg (16.36%), Vitamin A: 702.3IU (14.05%), Vitamin B2: 0.24mg (13.98%), Zinc: 1.59mg (10.6%), Iron: 1.57mg (8.72%), Vitamin B12: 0.51µg (8.43%), Vitamin B6: 0.16mg (8.07%), Manganese: 0.14mg (6.85%), Magnesium: 26.28mg (6.57%), Potassium: 225.76mg (6.45%), Vitamin C: 4.57mg (5.54%), Copper: 0.09mg (4.74%), Folate: 16.88µg (4.22%), Vitamin B5: 0.4mg (3.99%), Vitamin B1: 0.05mg (3.39%), Fiber: 0.58g (2.32%), Vitamin D: 0.19µg (1.24%)