



Sweet Dumpling Squash Stuffed with Lemon-Herb Rice

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



70 min.

SERVINGS



6

CALORIES



145 kcal

SIDE DISH

Ingredients

- 3 cups brown rice cooked
- 3 small winter squash sweet
- 0.1 cup parsley fresh minced
- 1 teaspoon rosemary leaves fresh minced
- 0.1 cup sage fresh minced
- 0.5 teaspoon thyme dried fresh minced (or 1 tablespoon ,)
- 3 cloves garlic minced

- 0.5 juice of lemon (such as Meyer)
- 0.5 teaspoon lemon zest
- 1 onion chopped
- 2 tablespoons pinenuts lightly toasted
- 6 servings salt and pepper
- 1 tablespoon soya sauce
- 0.3 cup water

Equipment

- frying pan
- baking sheet
- oven
- baking pan
- aluminum foil

Directions

- Cut the squash in half and remove seeds and strings.
- Sprinkle with salt and pepper and place face-down on an oiled baking sheet (I used a silicone sheet liner).
- Bake for 30 minutes, or until tender. (Different types of squash will take different lengths of time. Test by piercing with a fork in thickest areas.)
- Remove from oven but keep oven turned on. While the squash are cooking, prepare the lemon-herbed rice. Spray a non-stick pan with olive oil, heat, and sauté the onion until it begins to brown, about 5 minutes.
- Add the garlic and cook for another minute.
- Add the rice, 1/4 cup water, lemon juice and zest, soy sauce, and herbs. Stir well, cover, and cook on low heat just until warm.
- Add the toasted pine nuts and salt and freshly ground black pepper to taste. Stuff the rice into the cavities of the squash.

Place them upright in a baking dish and drizzle about a teaspoon of water over each. Cover tightly with aluminum foil and bake for about 20 minutes, until hot throughout.

Serve warm, garnished with additional fresh herbs, if desired.

Nutrition Facts

PROTEIN 9.28% **FAT 19.36%** **CARBS 71.36%**

Properties

Glycemic Index:26.03, Glycemic Load:11.6, Inflammation Score:-5, Nutrition Score:10.650434794633%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg, Apigenin: 2.7mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 144.95kcal (7.25%), Fat: 3.16g (4.86%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 26.17g (8.72%), Net Carbohydrates: 23.8g (8.65%), Sugar: 1.06g (1.17%), Cholesterol: 0mg (0%), Sodium: 364.71mg (15.86%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.4g (6.81%), Manganese: 1.46mg (73.21%), Copper: 0.96mg (48.2%), Vitamin K: 23.83µg (22.7%), Magnesium: 56.41mg (14.1%), Phosphorus: 107.14mg (10.71%), Vitamin B6: 0.2mg (9.94%), Fiber: 2.37g (9.5%), Vitamin B1: 0.13mg (8.55%), Vitamin B3: 1.62mg (8.11%), Zinc: 0.91mg (6.06%), Iron: 1.06mg (5.87%), Vitamin C: 4.85mg (5.87%), Vitamin B5: 0.45mg (4.46%), Potassium: 149.58mg (4.27%), Vitamin A: 163.81IU (3.28%), Folate: 11.9µg (2.98%), Calcium: 23.97mg (2.4%), Vitamin E: 0.34mg (2.29%), Vitamin B2: 0.03mg (1.94%)