



 **44%**  
HEALTH SCORE

## Turkey and Rice Stuffed Acorn Squash

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



411 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 3 tablespoons olive oil
- 3 small acorn squash
- 1 cup rice
- 1 small onion
- 2 cloves garlic
- 1.3 pounds pd of ground turkey lean (or 1 package)
- 1 package crimini mushrooms
- 1 bag pkt spinach

- 2 tablespoons vegeta seasoning
- 0.5 teaspoon bell pepper
- 0.5 teaspoon bell pepper
- 6 servings salt and pepper
- 0.5 cup bread crumbs whole wheat

## Equipment

- frying pan
- oven

## Directions

- Prepare rice according to package instructions. (I either cook the rice in chicken stock, or this time I used water and added 1 tablespoon vegeta seasoning to the water to add flavor to the rice as it cooks.)
- Meanwhile preheat oven to 375 degrees.
- Cut squash in half and drizzle with olive oil, salt and pepper. Roast skin side down for 30 minutes.
- Heat 1 tablespoon olive oil in large skilled.
- Add diced onions. Cook until translucent.
- Add garlic and cook for 1 minute longer.
- Add turkey, 1 tablespoon vegeta, red pepper, salt and pepper. Cook until turkey is browned and almost cooked through. Rough chop the mushrooms and add to the pan. Cook until mushrooms are softened.
- Add rice and spinach and stir until spinach is just wilted.
- Stuff the squash with the meat and rice mixture and top with bread crumbs. (Either toss bread crumbs with 2 teaspoons olive oil, or I just spray them with spray olive oil to make sure that they brown in the oven.
- Bake stuffed squash in oven until bread crumbs are browned.

## Nutrition Facts



PROTEIN 26.5% FAT 20.32% CARBS 53.18%

## Properties

Glycemic Index:35.7, Glycemic Load:15.4, Inflammation Score:-10, Nutrition Score:34.689130434783%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg, Kaempferol: 3.1mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

## Taste

Sweetness: 29.22%, Saltiness: 100%, Sourness: 16.11%, Bitterness: 10.55%, Savoriness: 68.17%, Fattiness: 71.26%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 411.2kcal (20.56%), Fat: 9.77g (15.02%), Saturated Fat: 1.56g (9.77%), Carbohydrates: 57.5g (19.17%), Net Carbohydrates: 51.69g (18.8%), Sugar: 1.08g (1.2%), Cholesterol: 51.97mg (17.32%), Sodium: 1469.86mg (63.91%), Protein: 28.65g (57.31%), Vitamin K: 232.97µg (221.88%), Vitamin A: 5279IU (105.58%), Vitamin B6: 1.31mg (65.68%), Manganese: 1.16mg (57.95%), Vitamin B3: 11.55mg (57.77%), Vitamin C: 41.03mg (49.74%), Selenium: 27.34µg (39.05%), Potassium: 1349.77mg (38.56%), Magnesium: 143mg (35.75%), Phosphorus: 356.07mg (35.61%), Folate: 141.15µg (35.29%), Vitamin B1: 0.43mg (28.45%), Iron: 4.48mg (24.9%), Fiber: 5.81g (23.25%), Vitamin B5: 2.06mg (20.62%), Zinc: 2.57mg (17.11%), Copper: 0.33mg (16.65%), Vitamin E: 2.09mg (13.9%), Vitamin B2: 0.23mg (13.59%), Calcium: 134.21mg (13.42%), Vitamin B12: 0.48µg (8.04%), Vitamin D: 0.38µg (2.52%)