

# Mexican Stuffed Squash

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-mexican-stuffed-green-peppers-recipe>

## Ingredients:

- 2 cups white rice cooked
- 1/2 cup green pepper diced
- 1/2 cup yellow onion diced
- 14 1/2 ounces diced tomatoes
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 teaspoon garlic salt
- 1 tablespoon cilantro diced
- 3 squash large

## Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 91 grams
3. Fat: 1 grams
4. Fiber: 5 grams
5. Protein: 9 grams
6. Sodium: 20 milligrams
7. Sugar: 6 grams

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