



Autumn Ragout with Roasted Vegetables



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



261 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup pennsylvania-dutch apple butter or
- ☐ 0.5 cup apple juice
- ☐ 3 cups butternut squash cubed peeled (1-inch)
- ☐ 15 ounce navy beans drained canned
- ☐ 2 cups carrots cubed (1-inch)
- ☐ 1 teaspoon thyme leaves dried
- ☐ 4 garlic cloves chopped
- ☐ 3 teaspoons juice of lemon fresh

- ☐ 1 teaspoon lemon rind grated
- ☐ 2 cups low-salt chicken broth
- ☐ 2 teaspoons mustard prepared
- ☐ 2 cups pieces napa cabbage chinese (1-inch) ()
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup spiced pear butter
- ☐ 0.5 teaspoon pepper
- ☐ 1 small onion red cut into 1-inch pieces
- ☐ 2 cups rutabaga cubed peeled (1-inch)
- ☐ 0.5 teaspoon salt
- ☐ 1.5 pounds skinned cut into 1-inch pieces
- ☐ 0.5 pound turkey kielbasa cut into 1/2-inch pieces

Equipment

- ☐ oven
- ☐ baking pan
- ☐ dutch oven

Directions

- ☐ Preheat oven to 45
- ☐ Combine the first 8 ingredients in a 13 x 9-inch baking dish.
- ☐ Add squash, rutabaga, carrot, and onion, and toss well.
- ☐ Bake mixture at 450 degrees for 30 minutes or until lightly browned, stirring occasionally.
- ☐ Remove from oven, and reduce oven temperature to 350 degrees.
- ☐ Combine squash mixture, chicken, and remaining ingredients in a large Dutch oven.
- ☐ Bake at 350 degrees for 50 minutes or until vegetables are tender, stirring occasionally.

Nutrition Facts



Properties

Glycemic Index:34.93, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:23.316086862398%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg, Catechin: 0.18mg Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg, Epigallocatechin: 0.05mg Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg, Epicatechin: 0.89mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg, Quercetin: 2.47mg

Nutrients (% of daily need)

Calories: 260.7kcal (13.03%), Fat: 5.33g (8.19%), Saturated Fat: 1.54g (9.62%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 25.36g (9.22%), Sugar: 12g (13.34%), Cholesterol: 55.57mg (18.52%), Sodium: 709.64mg (30.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 23.51g (47.02%), Vitamin A: 8854.12IU (177.08%), Vitamin B3: 9.86mg (49.32%), Selenium: 30.45µg (43.5%), Vitamin B6: 0.85mg (42.41%), Vitamin C: 32.07mg (38.87%), Phosphorus: 307.62mg (30.76%), Potassium: 871.93mg (24.91%), Manganese: 0.47mg (23.68%), Iron: 4.13mg (22.94%), Fiber: 5.59g (22.34%), Magnesium: 72.89mg (18.22%), Folate: 68.51µg (17.13%), Vitamin B1: 0.23mg (15%), Vitamin K: 14.92µg (14.21%), Vitamin B5: 1.39mg (13.86%), Copper: 0.24mg (12.15%), Vitamin B2: 0.2mg (11.74%), Zinc: 1.55mg (10.31%), Vitamin E: 1.51mg (10.06%), Calcium: 94.18mg (9.42%), Vitamin B12: 0.28µg (4.68%)