



Beef Tagine with Butternut Squash



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 3 cups butternut squash cubed peeled (1-inch) (1 pound)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 pound beef shoulder roast trimmed cut into 1-inch cubes
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 4 garlic clove chopped
- ☐ 1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground ginger
- ☐ 0.5 cup beef broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 2 teaspoons paprika
- ☐ 0.8 teaspoon salt
- ☐ 4 shallots quartered

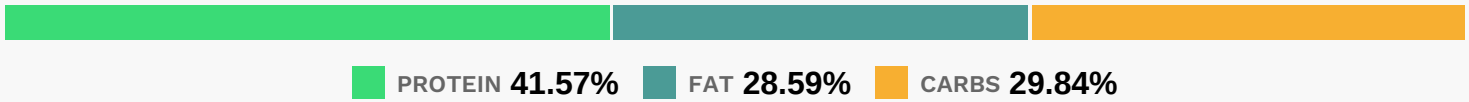
Equipment

- ☐ bowl
- ☐ dutch oven

Directions

- ☐ Combine first 6 ingredients in a medium bowl.
- ☐ Add beef; toss well to coat.
- ☐ Heat oil in a Dutch oven over medium-high heat.
- ☐ Add beef and shallots; cook 4 minutes or until browned, stirring occasionally.
- ☐ Add garlic; cook 1 minute, stirring frequently. Stir in broth and tomatoes; bring to a boil. Cook 5 minutes.
- ☐ Add squash; cover, reduce heat, and simmer 15 minutes or until squash is tender.
- ☐ Sprinkle with cilantro.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:33.607391015343%

Flavonoids

Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 343.41kcal (17.17%), Fat: 11.21g (17.25%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 26.32g (8.77%), Net Carbohydrates: 20.61g (7.49%), Sugar: 8.98g (9.98%), Cholesterol: 91.85mg (30.62%), Sodium: 716.95mg (31.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.67g (73.34%), Vitamin A: 12024.63IU (240.49%), Zinc: 9.76mg (65.04%), Vitamin B12: 3.74µg (62.37%), Vitamin B6: 1.24mg (62.12%), Selenium: 39.12µg (55.89%), Vitamin B3: 9.12mg (45.62%), Vitamin C: 34.74mg (42.11%), Manganese: 0.75mg (37.51%), Phosphorus: 374.79mg (37.48%), Potassium: 1288.2mg (36.81%), Iron: 6.17mg (34.26%), Vitamin E: 3.87mg (25.82%), Magnesium: 95.21mg (23.8%), Fiber: 5.71g (22.85%), Copper: 0.43mg (21.64%), Vitamin B2: 0.35mg (20.42%), Vitamin B1: 0.3mg (19.92%), Vitamin B5: 1.67mg (16.73%), Folate: 59.5µg (14.88%), Vitamin K: 15.3µg (14.58%), Calcium: 123.57mg (12.36%)