






 **92%**
HEALTH SCORE

Bratwurst and Butternut Squash Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

110 min.

SERVINGS

8

CALORIES

111 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 6 ounces baby spinach
- 8 servings pepper black freshly ground
- 1 pound butternut squash
- 28 ounce canned tomatoes diced canned
- 0.8 teaspoon caraway seeds
- 4 medium garlic clove thinly sliced
- 8 servings kosher salt
- 1 tablespoon olive oil

- 10 ounces potatoes - remove skin red
- 3 cups water
- 1 medium onion yellow

Equipment

- frying pan
- sauce pan
- dutch oven
- peeler

Directions

- Prepare the squash: Peel off the skin with a vegetable peeler. Trim the top and bottom.
- Cut the neck from the bulb of the squash. Halve each piece lengthwise and scrape out the seeds.
- Cut the squash into 1-inch cubes and set aside.
- Heat the oil in a large saucepan or Dutch oven over medium heat. When it shimmers, add the sausage and cook, turning occasionally, until well browned all over, about 15 to 20 minutes.
- Remove to a plate and set aside. Return the pan to medium heat, add the onion and garlic, and season with salt and pepper. Cook, stirring occasionally, until golden brown, about 10 minutes.
- Add the squash and potatoes and cook until the potatoes are just starting to brown, about 5 minutes. Stir in the caraway and cook until fragrant, about 30 seconds.
- Add the tomatoes, their juices, and water and bring to a boil. Reduce the heat to low and simmer until the vegetables are fork tender, about 45 minutes to 1 hour. Slice the reserved sausage into 1/2-inch rounds and add it to the pan along with the spinach. Cook until the sausage is heated through and the spinach is wilted, about 2 minutes.

Nutrition Facts



PROTEIN 12.12% FAT 16.43% CARBS 71.45%

Properties

Glycemic Index:19.88, Glycemic Load:2.57, Inflammation Score:-10, Nutrition Score:20.718260827272%

Flavonoids

Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg, Quercetin: 3.89mg

Nutrients (% of daily need)

Calories: 111.04kcal (5.55%), Fat: 2.27g (3.49%), Saturated Fat: 0.33g (2.05%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 17.75g (6.46%), Sugar: 6.76g (7.51%), Cholesterol: 0mg (0%), Sodium: 355.54mg (15.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.77g (7.53%), Vitamin A: 8238.31IU (164.77%), Vitamin K: 110.9µg (105.62%), Vitamin C: 31.58mg (38.28%), Manganese: 0.6mg (29.77%), Potassium: 800.2mg (22.86%), Folate: 78.53µg (19.63%), Vitamin B6: 0.37mg (18.7%), Vitamin E: 2.75mg (18.36%), Fiber: 4.45g (17.8%), Magnesium: 67.01mg (16.75%), Copper: 0.32mg (16.24%), Iron: 2.63mg (14.6%), Vitamin B1: 0.19mg (12.44%), Vitamin B3: 2.49mg (12.44%), Calcium: 95.96mg (9.6%), Phosphorus: 90mg (9%), Vitamin B2: 0.12mg (7.08%), Vitamin B5: 0.64mg (6.43%), Zinc: 0.64mg (4.29%), Selenium: 1.58µg (2.25%)