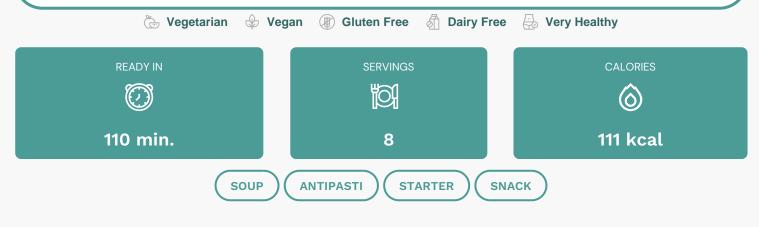


Bratwurst and Butternut Squash Stew



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
Εq	uipment
	frying pan
	sauce pan
	dutch oven
	peeler
Di	rections
	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

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, Myricetin: 0.1mg, Myricetin: 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: Omg (0%), Sodium: 355.54mg (15.46%), Alcohol: Og (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 B3: 2.49mg (12.44%), Vitamin B1: 0.19mg (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%)