



## Buttercup-Hominy Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



259 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 pounds winter squash cubed peeled
- 10.5 ounce beef broth canned
- 1 tablespoon chili powder
- 15.5 ounce corn kernels yellow drained canned
- 2 teaspoons cumin seeds
- 2 tablespoons flour all-purpose
- 0.3 cup cilantro leaves fresh minced
- 1 garlic clove minced

- 0.5 cup bell pepper green chopped
- 1 cup onion red chopped
- 1 teaspoon sugar
- 1 tablespoon vegetable oil
- 2 cups water

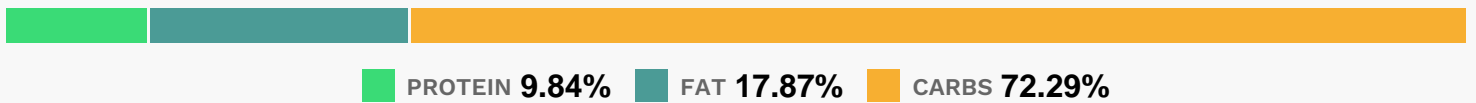
## Equipment

- frying pan
- sauce pan

## Directions

- Cook cumin seeds in a large saucepan over medium heat 1 minute or until toasted.
- Remove seeds from pan.
- Heat oil in saucepan over medium heat until hot.
- Add 1 teaspoon toasted cumin seeds, chopped onion, and sugar; saut 5 minutes or until onion is lightly browned. Stir in flour, chili powder, and garlic.
- Add squash, water, hominy, and broth; bring to a boil. Cover, reduce heat, and simmer 10 minutes. Uncover and simmer an additional 10 minutes or until squash is very tender and stew thickens. Stir in 1 teaspoon toasted cumin seeds, chopped bell pepper, and cilantro.

## Nutrition Facts



## Properties

Glycemic Index:62.27, Glycemic Load:3.74, Inflammation Score:-10, Nutrition Score:24.841304473255%

## Flavonoids

Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg, Luteolin: 0.89mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg, Quercetin: 9.07mg

## Nutrients (% of daily need)

Calories: 258.89kcal (12.94%), Fat: 5.76g (8.86%), Saturated Fat: 1.02g (6.35%), Carbohydrates: 52.43g (17.48%),  
Net Carbohydrates: 43.76g (15.91%), Sugar: 13.2g (14.67%), Cholesterol: 0mg (0%), Sodium: 554.33mg (24.1%),  
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.14g (14.27%), Vitamin A: 24900.83IU (498.02%), Vitamin C:  
67.91mg (82.32%), Manganese: 0.77mg (38.74%), Fiber: 8.68g (34.7%), Potassium: 1143.64mg (32.68%), Vitamin E:  
4.54mg (30.29%), Folate: 121µg (30.25%), Vitamin B6: 0.55mg (27.29%), Magnesium: 107.84mg (26.96%), Vitamin  
B3: 5.05mg (25.26%), Vitamin B1: 0.34mg (22.72%), Iron: 3.37mg (18.74%), Phosphorus: 167.04mg (16.7%), Calcium:  
149.74mg (14.97%), Vitamin K: 15.58µg (14.84%), Copper: 0.28mg (14.25%), Vitamin B5: 1.42mg (14.24%), Vitamin B2:  
0.22mg (12.82%), Zinc: 0.97mg (6.47%), Selenium: 4.37µg (6.24%)