



HEALTH SCORE

100%

## Butternut Squash Beef Stew

 Dairy Free  Very Healthy

READY IN



120 min.

SERVINGS



1

CALORIES



2057 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 6 slices oscar mayer bacon cut into 1-inch pieces
- 14 oz beef broth fat-free reduced-sodium canned
- 1.5 lb beef stew meat cut into 1-inch cubes
- 2 cups broccoli florets
- 1 lb butternut squash peeled seeded cut into 1/2-inch cubes
- 14 oz canned tomatoes diced undrained canned
- 2 Tbsp flour
- 0.3 cup 1/4 cup kraft zesty italian dressing italian kraft

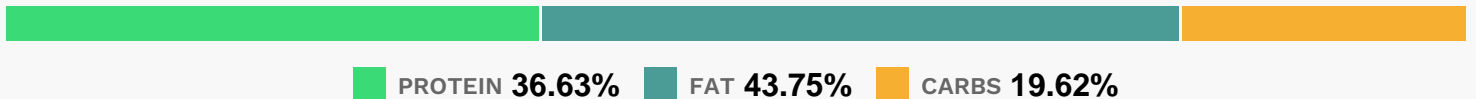
## Equipment

- frying pan
- paper towels
- sauce pan
- slotted spoon

## Directions

- Cook and stir bacon in large saucepan on medium heat until crisp.
- Remove from pan with slotted spoon; drain on paper towels.
- Heat dressing in same pan.
- Sprinkle meat with flour; add to pan. Cook until evenly browned, stirring occasionally.
- Add broth and tomatoes; bring to boil, stirring occasionally. Cover; simmer on low heat 1 hour.
- Add squash; cook 20 min.
- Add broccoli; cook 10 min. or until meat and squash are tender.
- Stir in bacon just before serving.

## Nutrition Facts



## Properties

Glycemic Index:107, Glycemic Load:10.63, Inflammation Score:-10, Nutrition Score:85.28347826004%

## Flavonoids

Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg, Luteolin: 1.54mg Kaempferol: 14.31mg, Kaempferol: 14.31mg, Kaempferol: 14.31mg, Kaempferol: 14.31mg Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg, Myricetin: 0.23mg Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg, Quercetin: 7.92mg

## Nutrients (% of daily need)

Calories: 2056.86kcal (102.84%), Fat: 100.32g (154.35%), Saturated Fat: 31.24g (195.26%), Carbohydrates: 101.23g (33.74%), Net Carbohydrates: 83.05g (30.2%), Sugar: 28.9g (32.12%), Cholesterol: 508.96mg (169.65%), Sodium:

3211.93mg (139.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 189.02g (378.05%), Vitamin A: 49885.08IU (997.7%), Vitamin C: 294.74mg (357.27%), Selenium: 228.47µg (326.39%), Vitamin B6: 6.3mg (314.79%), Vitamin B3: 61.68mg (308.39%), Vitamin K: 243.25µg (231.67%), Vitamin B12: 13.25µg (220.79%), Zinc: 31.99mg (213.27%), Phosphorus: 2023.14mg (202.31%), Potassium: 6358.6mg (181.67%), Iron: 23.76mg (132%), Vitamin B1: 1.89mg (125.87%), Vitamin B2: 1.79mg (105.39%), Magnesium: 421.47mg (105.37%), Vitamin E: 14.55mg (97.03%), Folate: 384.78µg (96.2%), Manganese: 1.83mg (91.72%), Fiber: 18.18g (72.71%), Copper: 1.44mg (72.23%), Vitamin B5: 7.09mg (70.9%), Calcium: 572.06mg (57.21%), Vitamin D: 0.53µg (3.52%)