



WHATSheATE



HEALTH SCORE

88%

Butternut-Squash Couscous



Vegetarian



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



536 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 2 pounds butternut squash peeled halved lengthwise seeded cut into 3/4-inch dice
- ☐ 1 cup canned tomatoes diced with their juice (from one 15-ounce can) canned
- ☐ 0.3 teaspoon cayenne
- ☐ 3 cups chicken broth low-sodium homemade canned
- ☐ 0.1 teaspoon cinnamon
- ☐ 1.5 cups couscous
- ☐ 0.8 cup parsley fresh chopped

- ☐ 2 cloves garlic minced
- ☐ 0.1 teaspoon nutmeg grated
- ☐ 2 tablespoons olive oil
- ☐ 2 onions chopped
- ☐ 0.3 cup raisins
- ☐ 1.3 teaspoons salt
- ☐ 1.5 cups water

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ dutch oven

Directions

- ☐ In a small frying pan toast the almonds over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or, toast them in a 350 oven for 5 to 10 minutes.
- ☐ In a Dutch oven, heat the oil over moderately low heat.
- ☐ Add the onions and cook, stirring occasionally, until translucent, about 5 minutes.
- ☐ Add the garlic, cayenne, nutmeg, and cinnamon and cook, stirring, until fragrant, 1 minute longer. Stir in the tomatoes, squash, raisins, broth, and 1 teaspoon of the salt and bring to a simmer. Stir in the chickpeas and cook, covered, for 10 minutes. Uncover and simmer until the squash is tender, about 10 minutes more. Stir in the parsley.
- ☐ Meanwhile, in a medium saucepan, bring the water and the remaining 1/4 teaspoon salt to a boil. Stir in the couscous. Cover, remove from the heat, and let stand for 5 minutes. Fluff with a fork.
- ☐ Serve the stew over the couscous and top with the toasted almonds.
- ☐ Wine Recommendation: For the best effect, look for a soft, fruity red wine to contrast with the spicy flavors of the couscous. The plummy flavor and supple texture of a rich California merlot will make a terrific match.

Nutrition Facts



 **PROTEIN 12.19%**  **FAT 19.13%**  **CARBS 68.68%**

Properties

Glycemic Index:82.45, Glycemic Load:35.82, Inflammation Score:-10, Nutrition Score:35.043043198793%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg, Apigenin: 24.26mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg, Isorhamnetin: 2.91mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg, Myricetin: 1.73mg Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg, Quercetin: 11.54mg

Nutrients (% of daily need)

Calories: 535.67kcal (26.78%), Fat: 11.9g (18.3%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 96.12g (32.04%), Net Carbohydrates: 84.99g (30.9%), Sugar: 9.37g (10.41%), Cholesterol: 0mg (0%), Sodium: 897.15mg (39.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.06g (34.11%), Vitamin A: 25179.88IU (503.6%), Vitamin K: 193.31µg (184.11%), Vitamin C: 73.3mg (88.84%), Manganese: 1.3mg (64.85%), Fiber: 11.13g (44.53%), Vitamin E: 6.29mg (41.93%), Vitamin B3: 8.38mg (41.91%), Potassium: 1439.81mg (41.14%), Magnesium: 145.02mg (36.25%), Vitamin B6: 0.63mg (31.39%), Phosphorus: 309.39mg (30.94%), Copper: 0.6mg (30.03%), Vitamin B1: 0.42mg (28.01%), Folate: 109.59µg (27.4%), Iron: 4.59mg (25.5%), Calcium: 203.12mg (20.31%), Vitamin B5: 1.94mg (19.37%), Vitamin B2: 0.29mg (17.23%), Zinc: 1.58mg (10.55%), Vitamin B12: 0.18µg (2.95%), Selenium: 2µg (2.86%)