



Butternut Squash Ragout

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



292 kcal

SIDE DISH

Ingredients

- 1.5 pounds acorn squash cubed peeled
- 0.3 cup almonds toasted chopped
- 1 cup chickpeas canned drained (garbanzo beans)
- 2 cups carrots sliced
- 1 cup celery root peeled chopped
- 3 cups couscous cooked
- 1 teaspoon curry powder
- 0.5 cup apricots dried chopped

- 6 servings parsley fresh chopped
- 2 garlic cloves minced
- 2 teaspoons olive oil
- 2 cups onion chopped
- 1 cup no-salt-added tomato juice
- 1 cup vegetable broth canned

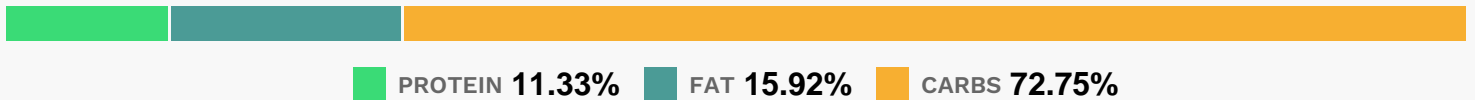
Equipment

- sauce pan

Directions

- Heat oil in a large nonstick saucepan over medium heat.
- Add onion and next 5 ingredients (onion through garlic), and saut 2 minutes.
- Add chickpeas, broth, and tomato juice, and bring to a boil. Reduce heat, and simmer, uncovered, 30 minutes or until tender. Top with apricots and almonds, and sprinkle with parsley.
- Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:66.82, Glycemic Load:18.17, Inflammation Score:-10, Nutrition Score:25.646087065987%

Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 9.25mg, Apigenin: 9.25mg, Apigenin: 9.25mg, Apigenin: 9.25mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg, Isorhamnetin: 2.83mg Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg, Kaempferol: 0.56mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg

Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg, Quercetin: 11.5mg

Nutrients (% of daily need)

Calories: 292.33kcal (14.62%), Fat: 5.47g (8.42%), Saturated Fat: 0.59g (3.68%), Carbohydrates: 56.26g (18.75%), Net Carbohydrates: 47.72g (17.35%), Sugar: 12.65g (14.06%), Cholesterol: 0mg (0%), Sodium: 305.36mg (13.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.76g (17.53%), Vitamin A: 8545.73IU (170.91%), Vitamin K: 84.6µg (80.57%), Manganese: 0.88mg (43.86%), Vitamin C: 34.24mg (41.5%), Selenium: 24µg (34.29%), Fiber: 8.53g (34.13%), Potassium: 1064.19mg (30.41%), Vitamin B6: 0.6mg (29.91%), Magnesium: 92.71mg (23.18%), Vitamin B1: 0.32mg (21.45%), Vitamin E: 2.91mg (19.39%), Folate: 76.63µg (19.16%), Phosphorus: 188.91mg (18.89%), Copper: 0.34mg (17.04%), Iron: 2.9mg (16.14%), Vitamin B3: 3.1mg (15.52%), Vitamin B5: 1.31mg (13.07%), Calcium: 125.77mg (12.58%), Vitamin B2: 0.19mg (10.93%), Zinc: 1.18mg (7.84%)