



Butternut Squash with Couscous and Chutney

READY IN



20 min.

SERVINGS



6

CALORIES



473 kcal

SIDE DISH

Ingredients

- ☐ 4 cups butternut squash \square peeled diced seeded
- ☐ 2 cups chicken broth
- ☐ 2 cups couscous instant
- ☐ 1 tablespoon curry powder
- ☐ 2 cloves garlic minced
- ☐ 0.5 cup heavy cream
- ☐ 2 teaspoons kosher salt
- ☐ 0.5 cup chutney prepared
- ☐ 1 large onion sliced into $\frac{1}{2}$ -inch half-rounds

- ☐ 0.5 cup peanuts chopped
- ☐ 2 tablespoons vegetable oil

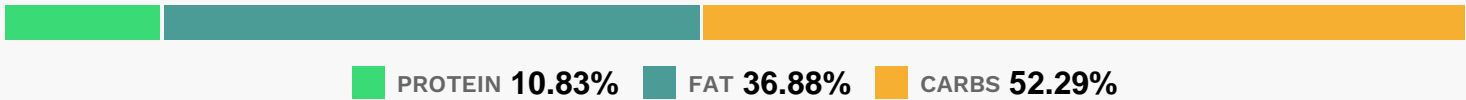
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ plastic wrap

Directions

- ☐ Heat the oil in a large skillet over medium heat.
- ☐ Add the onion and garlic and cook, stirring occasionally, until softened, 5 to 7 minutes.
- ☐ Add the squash, curry powder, and 1 teaspoons of the salt, stirring to coat evenly.
- ☐ Pour in the broth and bring to a boil. Reduce heat to medium-low, cover, and simmer for 17 to 20 minutes or until the squash is cooked through and most of the liquid has evaporated. Stir in the cream and cook until the sauce has thickened, 5 to 7 minutes.
- ☐ Remove from heat. Bring 2 cups of water and the remaining salt to a boil.
- ☐ Place the couscous in a large bowl and pour the boiling water over it. Immediately cover the bowl tightly with plastic wrap.
- ☐ Let stand 5 to 7 minutes or until all the water is absorbed. When ready to serve, fluff the couscous with a fork.
- ☐ Place about cup of couscous on each plate. Top with the curried squash.
- ☐ Garnish with the peanuts and your favorite chutney.

Nutrition Facts



Properties

Glycemic Index:23.54, Glycemic Load:27.88, Inflammation Score:-10, Nutrition Score:19.767391321452%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg, Quercetin: 5.09mg

Nutrients (% of daily need)

Calories: 472.52kcal (23.63%), Fat: 19.68g (30.28%), Saturated Fat: 6.89g (43.08%), Carbohydrates: 62.8g (20.93%), Net Carbohydrates: 56.12g (20.41%), Sugar: 4.07g (4.52%), Cholesterol: 23.98mg (7.99%), Sodium: 1386.53mg (60.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13g (26.01%), Vitamin A: 10688.22IU (213.76%), Manganese: 1.09mg (54.48%), Vitamin C: 24.83mg (30.1%), Fiber: 6.68g (26.74%), Vitamin B3: 5.32mg (26.63%), Magnesium: 87.46mg (21.87%), Vitamin B1: 0.31mg (20.39%), Phosphorus: 202.95mg (20.29%), Folate: 73.05µg (18.26%), Copper: 0.35mg (17.73%), Potassium: 603.82mg (17.25%), Vitamin B6: 0.31mg (15.52%), Vitamin E: 2.15mg (14.36%), Vitamin B5: 1.4mg (14%), Iron: 2.2mg (12.22%), Vitamin K: 11.11µg (10.58%), Vitamin B2: 0.17mg (10.25%), Calcium: 100.58mg (10.06%), Zinc: 1.08mg (7.17%), Selenium: 2.69µg (3.84%), Vitamin D: 0.32µg (2.12%)