



HEALTH SCORE

94%

Butternut squash with spicy chilli



Gluten Free



Dairy Free



Very Healthy

READY IN

**55 min.**

SERVINGS

**4**

CALORIES

**445 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 small butternut squash halved



1 tbsp olive oil



1 onion red chopped



2 chillies red deseeded finely chopped



2 tsp ground cumin



250 g beef mince lean



2 tbsp tomato purée



410 g kidney bean drained and rinsed canned

- ☐ 1 leaves half 20g bunch coriander chopped
- ☐ 50 g spinach leaves

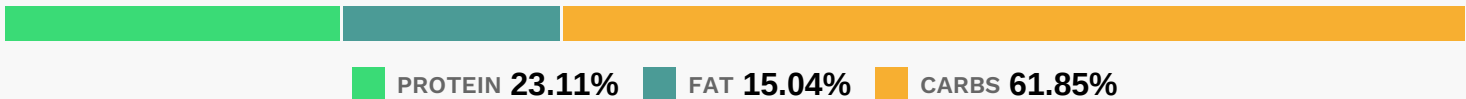
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Rub the squash with a little oil, then roast them on a baking tray for 45 mins until soft.
- ☐ Meanwhile, heat the remaining oil in a large frying pan, then fry the onion for a few mins until soft. Stir in the chilli and cumin, fry for 1 min more, then add the mince, browning for 3–4 mins. Stir in the pure and beans with a splash of water and season. Warm through and keep warm. Or cool, freeze for up to 1 month, then defrost and reheat.
- ☐ Scoop a little of the soft squash flesh out to make a hollow, then stir this into the chilli with half the coriander. Fill the cavity of each squash with a quarter of the mix, then scatter with the remaining coriander. Dress the spinach with a drop more olive oil, season and serve alongside the squash.

Nutrition Facts



Properties

Glycemic Index:43.07, Glycemic Load:6.32, Inflammation Score:-10, Nutrition Score:45.79173916967%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg, Kaempferol: 1.1mg Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg, Myricetin: 0.39mg Quercetin: 13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg, Quercetin: 13.53mg

Nutrients (% of daily need)

Calories: 445.21kcal (22.26%), Fat: 7.93g (12.2%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 73.38g (24.46%), Net Carbohydrates: 56.95g (20.71%), Sugar: 11.4g (12.67%), Cholesterol: 38.75mg (12.92%), Sodium: 75.4mg (3.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.41g (54.83%), Vitamin A: 41319.75IU (826.39%), Vitamin C: 118.85mg (144.06%), Vitamin K: 79.77µg (75.97%), Manganese: 1.49mg (74.51%), Folate: 273.41µg (68.35%), Fiber: 16.43g (65.72%), Potassium: 2186.01mg (62.46%), Vitamin B6: 1.13mg (56.58%), Magnesium: 210.74mg (52.69%), Iron: 8.58mg (47.69%), Vitamin B3: 9.09mg (45.47%), Vitamin E: 6.72mg (44.81%), Phosphorus: 425.14mg (42.51%), Vitamin B1: 0.61mg (40.78%), Zinc: 5.09mg (33.93%), Copper: 0.65mg (32.72%), Calcium: 247.13mg (24.71%), Vitamin B12: 1.4µg (23.33%), Vitamin B5: 2.25mg (22.51%), Selenium: 14.47µg (20.66%), Vitamin B2: 0.3mg (17.39%)