



Calabaza and Poblano Stew

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



237 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon aniseed
- ☐ 3 inch cinnamon sticks
- ☐ 6 tablespoons crema mexicana
- ☐ 4 garlic cloves minced
- ☐ 3 tablespoons honey
- ☐ 3.5 cups onion chopped
- ☐ 1 tablespoon vegetable oil; peanut oil preferred
- ☐ 1 pound poblano chiles

- ☐ 0.5 cup roasted pumpkinseed kernels
- ☐ 0.5 teaspoon salt
- ☐ 10 cup pieces calabaza squash peeled 2-inch 3 pounds
- ☐ 4 cups vegetable broth
- ☐ 2 cups water

Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Cut poblano chiles in half; discard seeds and membranes.
- ☐ Place the chile halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 5 minutes or until blackened.
- ☐ Place in a heavy-duty zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel chiles; discard skins. Chop chiles.
- ☐ Place aniseed and cinnamon in a spice or coffee grinder; process until finely ground.
- ☐ Heat oil in a large Dutch oven over medium-high heat.
- ☐ Add onion; saut 5 minutes or until browned.
- ☐ Add garlic; saut 1 minute.
- ☐ Add cinnamon mixture to pan; saut 1 minute.
- ☐ Add chopped chiles, squash, broth, water, honey, and salt; bring to a boil. Reduce heat, and simmer 30 minutes or until squash is tender.
- ☐ Drizzle each serving with Crema Mexicana; sprinkle with pumpkinseeds.

Nutrition Facts



PROTEIN 8.06% **FAT 28.52%** **CARBS 63.42%**

Properties

Glycemic Index:21.78, Glycemic Load:5.82, Inflammation Score:-10, Nutrition Score:23.636086940765%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg, Luteolin: 2.68mg Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg, Isorhamnetin: 3.51mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 15.49mg, Quercetin: 15.49mg, Quercetin: 15.49mg, Quercetin: 15.49mg

Nutrients (% of daily need)

Calories: 237.35kcal (11.87%), Fat: 8.23g (12.66%), Saturated Fat: 1g (6.22%), Carbohydrates: 41.18g (13.73%), Net Carbohydrates: 34.35g (12.49%), Sugar: 16.28g (18.09%), Cholesterol: 5.96mg (1.99%), Sodium: 738.76mg (32.12%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.23g (10.46%), Vitamin A: 19117.37IU (382.35%), Vitamin C: 88.18mg (106.89%), Vitamin E: 6.09mg (40.63%), Manganese: 0.79mg (39.57%), Vitamin B6: 0.57mg (28.5%), Fiber: 6.83g (27.32%), Potassium: 873.54mg (24.96%), Folate: 86.21µg (21.55%), Magnesium: 84.66mg (21.17%), Phosphorus: 189.44mg (18.94%), Copper: 0.36mg (18.17%), Vitamin B1: 0.27mg (18.03%), Vitamin B5: 1.45mg (14.46%), Vitamin B3: 2.83mg (14.17%), Calcium: 141.53mg (14.15%), Iron: 2.11mg (11.72%), Selenium: 8.12µg (11.61%), Vitamin K: 6.82µg (6.49%), Zinc: 0.96mg (6.37%), Vitamin B2: 0.1mg (5.82%)