



Curried Pumpkin Stew with Roasted Pepitas

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 teaspoons brown sugar
- 16 ounce kidney beans white rinsed drained canned
- 1 tablespoon curry powder
- 0.3 cup cilantro leaves fresh chopped
- 1 tablespoon ginger fresh minced peeled
- 3 garlic cloves minced
- 2 cups leeks thinly sliced
- 1 cup coconut milk light

- 1 tablespoon juice of lime
- 1 tablespoon olive oil divided
- 1 pound pumpkin fresh cubed peeled
- 0.3 cup pepitas raw hulled (pumpkin seeds)
- 0.5 teaspoon salt
- 0.5 teaspoon serrano chile minced seeded
- 3 cups water

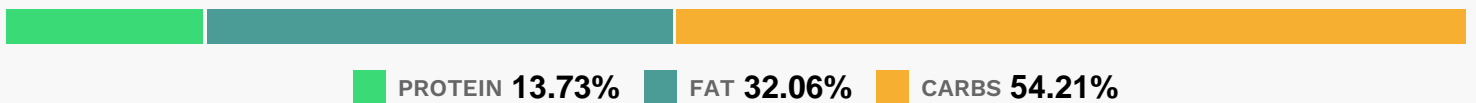
Equipment

- bowl
- sauce pan
- ladle
- dutch oven

Directions

- Heat 1 teaspoon oil in a large Dutch oven over medium heat.
- Add leeks; saut until tender, about 4 minutes. Stir in ginger and next 3 ingredients; cook 1 minute.
- Add water and next 3 ingredients. Bring to a boil; reduce heat, and simmer until pumpkin is tender, about 15 to 20 minutes. Stir in beans and next 3 ingredients; cook until beans are heated through, about 2 to 3 minutes.
- Heat 2 teaspoons oil in a small saucepan over medium heat.
- Add pepitas, and saut, stirring frequently, until lightly browned, about 2 to 3 minutes. Ladle stew into shallow bowls and top each serving with 1 tablespoon roasted pepitas.

Nutrition Facts



Properties

Glycemic Index:62, Glycemic Load:12.58, Inflammation Score:-10, Nutrition Score:20.784782824309%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg, Luteolin: 1.86mg Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg, Kaempferol: 1.19mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 261.92kcal (13.1%), Fat: 9.69g (14.9%), Saturated Fat: 4.36g (27.24%), Carbohydrates: 36.86g (12.29%), Net Carbohydrates: 28.61g (10.4%), Sugar: 9.13g (10.15%), Cholesterol: 0mg (0%), Sodium: 644.42mg (28.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.34g (18.68%), Vitamin A: 10482.72IU (209.65%), Manganese: 0.98mg (49.04%), Fiber: 8.25g (33%), Vitamin K: 33.9µg (32.29%), Phosphorus: 245.45mg (24.54%), Potassium: 845.39mg (24.15%), Copper: 0.47mg (23.69%), Iron: 4.16mg (23.13%), Vitamin C: 19mg (23.03%), Magnesium: 91.47mg (22.87%), Folate: 82.07µg (20.52%), Vitamin E: 2.6mg (17.31%), Vitamin B6: 0.32mg (16.11%), Vitamin B1: 0.22mg (15%), Vitamin B2: 0.23mg (13.52%), Calcium: 104.74mg (10.47%), Zinc: 1.55mg (10.35%), Vitamin B3: 1.72mg (8.61%), Vitamin B5: 0.61mg (6.08%), Selenium: 3.04µg (4.34%)