



Egusi Soup

 **Gluten Free**  **Dairy Free**

READY IN



95 min.

SERVINGS



8

CALORIES



324 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1.5 pounds beef stew meat cubed
- 1 small onion chopped
- 0.5 cup vegetable oil; peanut oil preferred
- 2 habanero peppers minced seeded
- 0.8 cup pumpkin seeds
- 2 pounds shrimp fresh deveined peeled
- 1 pound pkt spinach fresh washed and chopped
- 3 tablespoons tomato paste

- 18 ounces tomato sauce
- 2 large tomatoes chopped
- 1.5 cups water

Equipment

- pot
- blender

Directions

- Place pumpkin seeds in a blender and blend for 30 to 40 seconds or until mixture is a powdery paste. Set aside.
- Wash beef and cut into bite-size cubes. Season with salt. In large pot, heat oil over medium-high heat for 4 to 5 minutes.
- Add beef and saute for 3 to 5 minutes or until brown but not cooked through.
- Place tomatoes, onions, and pepper in a blender and blend for about 30 seconds or until smooth.
- Add tomato mixture to meat, reduce heat to medium-low, and cover. Cook for 40 to 50 minutes or until meat is tender.
- Add tomato sauce, water, and shrimp and simmer for 10 minutes.
- Add spinach and ground pumpkin seeds and continue to simmer 10 minutes more.

Nutrition Facts



Properties

Glycemic Index:25.88, Glycemic Load:2.51, Inflammation Score:-10, Nutrition Score:36.508695540221%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg, Luteolin: 1.82mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg, Kaempferol: 3.73mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 4.95mg, Quercetin:

4.95mg, Quercetin: 4.95mg, Quercetin: 4.95mg

Nutrients (% of daily need)

Calories: 323.77kcal (16.19%), Fat: 11.03g (16.97%), Saturated Fat: 2.64g (16.48%), Carbohydrates: 11.19g (3.73%), Net Carbohydrates: 7.18g (2.61%), Sugar: 5.61g (6.23%), Cholesterol: 235.3mg (78.43%), Sodium: 583.27mg (25.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 46.9g (93.81%), Vitamin K: 283.63µg (270.13%), Vitamin A: 6174.59IU (123.49%), Vitamin C: 52.63mg (63.79%), Phosphorus: 568.9mg (56.89%), Manganese: 1.02mg (50.82%), Vitamin B6: 0.86mg (43.18%), Copper: 0.83mg (41.66%), Zinc: 6.14mg (40.94%), Magnesium: 161.8mg (40.45%), Potassium: 1377.27mg (39.35%), Vitamin B3: 7.7mg (38.48%), Selenium: 25.43µg (36.33%), Folate: 142.46µg (35.61%), Iron: 5.44mg (30.23%), Vitamin B12: 1.57µg (26.22%), Vitamin E: 3.49mg (23.3%), Vitamin B2: 0.32mg (18.96%), Calcium: 169.58mg (16.96%), Fiber: 4.01g (16.04%), Vitamin B1: 0.2mg (13.1%), Vitamin B5: 0.74mg (7.39%)