



Harvest Stew

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

READY IN



45 min.

SERVINGS



8

CALORIES



171 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup acorn squash peeled chopped
- 2 bay leaves
- 2 teaspoons vegetable-flavored bouillon granules
- 14.5 ounce canned tomatoes diced undrained canned
- 0.5 teaspoon chili powder
- 2 garlic cloves minced
- 0.3 teaspoon ground allspice
- 0.3 teaspoon ground cloves

- 1 pound ground round
- 0.8 cup onion chopped
- 0.5 teaspoon pepper
- 1 cup round potato red unpeeled coarsely chopped
- 2.3 cups sweet potatoes and into peeled chopped
- 3.5 cups water

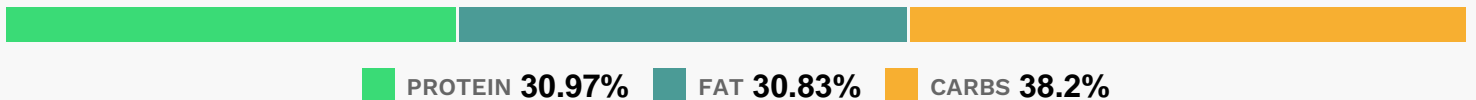
Equipment

- frying pan
- dutch oven

Directions

- Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- Add meat and next 3 ingredients. Cook until meat is browned, stirring until it crumbles.
- Drain, if necessary.
- Combine meat mixture, water, and remaining ingredients in pan; bring to a boil. Cover, reduce heat, and simmer 30 minutes or until vegetables are tender.
- Remove and discard bay leaves before serving.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:5.17, Inflammation Score:-10, Nutrition Score:15.498260866041%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg, Quercetin: 3.12mg

Nutrients (% of daily need)

Calories: 171.01kcal (8.55%), Fat: 5.94g (9.14%), Saturated Fat: 2.36g (14.76%), Carbohydrates: 16.56g (5.52%), Net Carbohydrates: 13.66g (4.97%), Sugar: 4.67g (5.19%), Cholesterol: 36.87mg (12.29%), Sodium: 256.24mg (11.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.43g (26.85%), Vitamin A: 5522.28IU (110.45%), Vitamin B6: 0.44mg (21.97%), Vitamin B12: 1.26µg (20.97%), Zinc: 3.08mg (20.51%), Vitamin B3: 4mg (20%), Potassium: 594.44mg (16.98%), Manganese: 0.33mg (16.6%), Phosphorus: 157.73mg (15.77%), Selenium: 10.44µg (14.91%), Iron: 2.47mg (13.72%), Copper: 0.24mg (12.18%), Vitamin C: 9.74mg (11.8%), Fiber: 2.91g (11.63%), Magnesium: 42.28mg (10.57%), Vitamin B5: 0.9mg (9.03%), Vitamin B1: 0.13mg (8.91%), Vitamin B2: 0.15mg (8.85%), Vitamin E: 0.98mg (6.53%), Folate: 22.03µg (5.51%), Calcium: 52.4mg (5.24%), Vitamin K: 4.62µg (4.4%)