



Mexican Squash Stew

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups acorn squash cubed peeled
- 1 cup carrots sliced
- 0.5 cup celery sliced
- 1.5 teaspoons chili powder
- 4 6-inch corn tortillas cut into 1/2-inch strips ()
- 0.3 cup flour all-purpose
- 1 cup cilantro leaves fresh chopped
- 2 cloves garlic minced

- 1 teaspoon ground cumin
- 4 cups no-salt-added chicken broth undiluted canned
- 1 cup onion sliced
- 0.5 teaspoon salt
- 1 pound skinned cut into 1-inch cubes

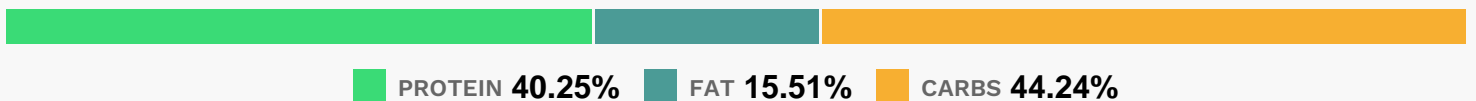
Equipment

- baking sheet
- oven
- ziploc bags
- dutch oven

Directions

- Coat a baking sheet with cooking spray.
- Place tortilla strips on baking sheet; coat strips with cooking spray.
- Bake at 400 for 9 minutes or until crisp. Set aside.
- Combine chicken and flour in a heavy-duty, zip-top plastic bag. Seal bag, and shake until chicken is well coated.
- Coat a Dutch oven with cooking spray; place over medium-high heat until hot.
- Add chicken mixture; saute 5 minutes or until chicken begins to brown.
- Remove chicken from Dutch oven; set aside.
- Combine broth and next 8 ingredients in Dutch oven. Bring to a boil; cover, reduce heat, and simmer 10 minutes.
- Add chicken, and simmer 10 additional minutes or until vegetables are tender and chicken is done. Stir in cilantro, and top with tortilla strips just before serving.

Nutrition Facts



Properties

Glycemic Index:74.58, Glycemic Load:11.4, Inflammation Score:-10, Nutrition Score:27.2939130016%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg, Quercetin: 10.38mg

Nutrients (% of daily need)

Calories: 318.18kcal (15.91%), Fat: 5.63g (8.65%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 36.1g (12.03%), Net Carbohydrates: 30.96g (11.26%), Sugar: 4.05g (4.5%), Cholesterol: 72.57mg (24.19%), Sodium: 556mg (24.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 32.84g (65.68%), Vitamin A: 6193.63IU (123.87%), Vitamin B3: 16.97mg (84.84%), Selenium: 41.58µg (59.4%), Vitamin B6: 1.19mg (59.25%), Phosphorus: 459mg (45.9%), Potassium: 1166.26mg (33.32%), Manganese: 0.45mg (22.73%), Magnesium: 88.28mg (22.07%), Vitamin B5: 2.16mg (21.64%), Vitamin B1: 0.31mg (20.61%), Vitamin K: 21.58µg (20.55%), Fiber: 5.13g (20.54%), Vitamin C: 15.89mg (19.26%), Vitamin B2: 0.3mg (17.65%), Iron: 2.85mg (15.85%), Copper: 0.31mg (15.39%), Folate: 53.04µg (13.26%), Zinc: 1.64mg (10.9%), Calcium: 97.96mg (9.8%), Vitamin B12: 0.46µg (7.71%), Vitamin E: 0.95mg (6.33%)