



Moroccan Chicken and Butternut Squash Soup

 Dairy Free

READY IN



48 min.

SERVINGS



4

CALORIES



284 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups butternut squash cubed peeled ()
- ☐ 0.3 cup couscous uncooked
- ☐ 0.5 cup basil fresh coarsely chopped
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 teaspoon kosher salt

- ☐ 4 cups beef broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 2 teaspoons orange zest grated
- ☐ 12 ounce chicken thighs boneless skinless cut into bite-sized pieces
- ☐ 2 tablespoons tomato paste
- ☐ 1 zucchini sliced into 3/4-inch pieces quartered

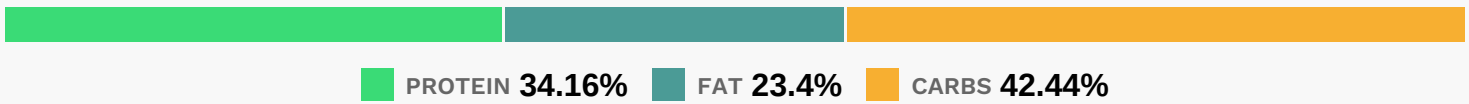
Equipment

- ☐ frying pan
- ☐ dutch oven

Directions

- ☐ Heat a Dutch oven over medium heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add onion, and cook for 4 minutes, stirring occasionally.
- ☐ Add chicken; cook for 4 minutes, browning on all sides.
- ☐ Add cumin, cinnamon, and pepper to pan; cook 1 minute, stirring constantly.
- ☐ Add butternut squash and tomato paste; cook 1 minute. Stir in Chicken Stock, scraping pan to loosen browned bits. Bring to a boil. Reduce heat, and simmer 8 minutes. Stir in couscous, salt, and zucchini; cook 5 minutes or until squash is tender.
- ☐ Remove pan from heat. Stir in chopped basil and orange rind.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:8.34, Inflammation Score:-10, Nutrition Score:23.433912899183%

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: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg, Quercetin: 8.44mg

Nutrients (% of daily need)

Calories: 283.54kcal (14.18%), Fat: 7.57g (11.65%), Saturated Fat: 1.48g (9.22%), Carbohydrates: 30.9g (10.3%), Net Carbohydrates: 26.29g (9.56%), Sugar: 6.23g (6.93%), Cholesterol: 80.8mg (26.93%), Sodium: 1027.17mg (44.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.87g (49.73%), Vitamin A: 11597.89IU (231.96%), Vitamin C: 37.52mg (45.48%), Potassium: 1371.14mg (39.18%), Vitamin B6: 0.71mg (35.57%), Vitamin B3: 7.09mg (35.46%), Selenium: 20.52µg (29.32%), Manganese: 0.58mg (28.8%), Phosphorus: 259.71mg (25.97%), Magnesium: 81.94mg (20.48%), Vitamin K: 21.47µg (20.45%), Fiber: 4.61g (18.43%), Vitamin B5: 1.79mg (17.92%), Vitamin E: 2.64mg (17.63%), Vitamin B1: 0.26mg (17.06%), Vitamin B2: 0.26mg (15.14%), Folate: 57.42µg (14.35%), Iron: 2.55mg (14.16%), Zinc: 1.9mg (12.67%), Copper: 0.25mg (12.37%), Calcium: 94.66mg (9.47%), Vitamin B12: 0.54µg (9.07%)