



 **81%**  
HEALTH SCORE

## Porotos Granados (Chilean Bean Stew)

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



263 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 pepperoncini peppers chopped
- 2 cups butternut squash cubed
- 15 ounce cannellini beans rinsed drained canned
- 3 cups chicken stock see
- 2 tablespoons basil fresh chopped
- 2 cups regular corn frozen
- 1 cup lima beans \*soaked overnight frozen
- 1 tablespoon olive oil

1 onion yellow chopped

## Equipment

pot

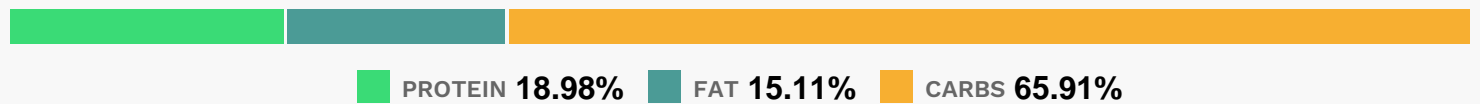
## Directions

Heat the olive oil in a stock pot over medium heat; add the onion and cover. Cook the onions until soft and translucent, about 5 minutes. Stir the squash, great Northern beans, and lima beans into the pot; pour the chicken stock over the mixture. Cover and cook until the squash is tender and beginning to break apart, 30 to 45 minutes.

Stir the corn and basil into the stew; cook until the stew reaches the consistency of pancake batter, about 10 minutes more.

Sprinkle the chopped banana pepper over individual portions to serve.

## Nutrition Facts



## Properties

Glycemic Index:21.42, Glycemic Load:1.75, Inflammation Score:-10, Nutrition Score:19.393043414406%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg, Quercetin: 3.72mg

## Nutrients (% of daily need)

Calories: 263.49kcal (13.17%), Fat: 4.67g (7.19%), Saturated Fat: 0.9g (5.65%), Carbohydrates: 45.88g (15.29%), Net Carbohydrates: 37.36g (13.58%), Sugar: 4.64g (5.16%), Cholesterol: 3.6mg (1.2%), Sodium: 180.7mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.21g (26.42%), Vitamin A: 5007.67IU (100.15%), Fiber: 8.52g (34.07%), Manganese: 0.67mg (33.25%), Folate: 128.43µg (32.11%), Potassium: 892.93mg (25.51%), Phosphorus: 233.04mg (23.3%), Magnesium: 90.43mg (22.61%), Vitamin C: 17.78mg (21.55%), Vitamin B1: 0.31mg (20.47%), Vitamin B6: 0.4mg (19.9%), Vitamin B3: 3.89mg (19.44%), Copper: 0.32mg (16.24%), Iron: 2.89mg (16.08%), Vitamin B2: 0.23mg (13.29%), Selenium: 7.73µg (11.04%), Zinc: 1.42mg (9.48%), Calcium: 76.74mg (7.67%), Vitamin E: 1.12mg (7.47%), Vitamin B5: 0.71mg (7.05%), Vitamin K: 5.78µg (5.51%)