



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

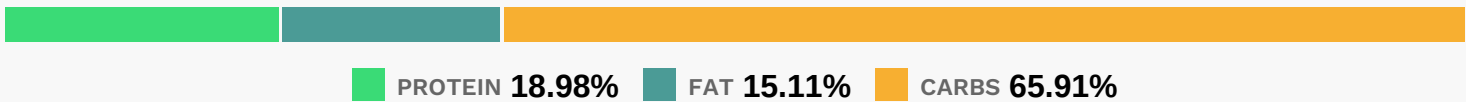
Equipment

☐ 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: Og (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%)