



WHATSheATE



HEALTH SCORE

82%

Quinoa stew with squash, prunes & pomegranate



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



391 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 small butternut squash cubed deseeded
- ☐ 2 tbsp olive oil
- ☐ 1 large onion thinly sliced
- ☐ 1 garlic clove chopped
- ☐ 1 tbsp ginger finely chopped
- ☐ 1 tsp suya seasoning mix
- ☐ 200 g quinoa

- ☐ 5 prune- cut to pieces roughly chopped
- ☐ 1 juice of lemon
- ☐ 600 ml vegetable stock
- ☐ 1 pomegranate seeds
- ☐ 1 small handful mint leaves

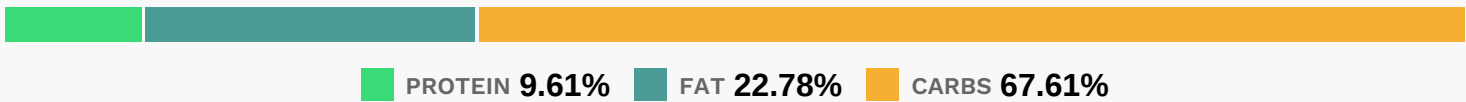
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Put the squash on a baking tray and toss with 1 tbsp of the oil. Season well and roast for 30-35 mins or until soft.
- ☐ Meanwhile, heat the remaining oil in a big saucepan.
- ☐ Add the onion, garlic and ginger, season and cook for 10 mins.
- ☐ Add the spice and quinoa, and cook for another couple of mins.
- ☐ Add the prunes, lemon juice and stock, bring to the boil, then cover and simmer for 25 mins.
- ☐ When everything is tender, stir the squash through the stew. Spoon into bowls and scatter with pomegranate seeds and mint to serve.

Nutrition Facts



Properties

Glycemic Index:54.5, Glycemic Load:3.84, Inflammation Score:-10, Nutrition Score:28.788260791613%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg, Quercetin: 7.88mg

Nutrients (% of daily need)

Calories: 391.05kcal (19.55%), Fat: 10.41g (16.01%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 69.52g (23.17%), Net Carbohydrates: 60.06g (21.84%), Sugar: 12.05g (13.39%), Cholesterol: 0mg (0%), Sodium: 608.92mg (26.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.88g (19.76%), Vitamin A: 20417.94IU (408.36%), Manganese: 1.57mg (78.6%), Vitamin C: 45.82mg (55.54%), Magnesium: 176.67mg (44.17%), Folate: 156.12µg (39.03%), Fiber: 9.46g (37.85%), Vitamin E: 5.23mg (34.88%), Potassium: 1127.62mg (32.22%), Vitamin B6: 0.63mg (31.64%), Phosphorus: 314.86mg (31.49%), Vitamin B1: 0.4mg (26.54%), Copper: 0.5mg (24.93%), Iron: 4.37mg (24.26%), Vitamin K: 21.58µg (20.55%), Vitamin B3: 3.39mg (16.94%), Calcium: 151.79mg (15.18%), Vitamin B2: 0.24mg (14.22%), Zinc: 2.01mg (13.42%), Vitamin B5: 1.27mg (12.68%), Selenium: 5.6µg (7.99%)