





20%
HEALTH SCORE

Quinoa with Moroccan Winter Squash and Carrot Stew

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



282 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 3 cups butternut squash peeled (from)
- 14.5 ounce canned tomatoes diced drained canned
- 0.3 cup carrots peeled finely chopped
- 2 cups carrots peeled
- 0.5 teaspoon ground pepper
- 0.5 cup cilantro leaves fresh divided chopped

- 2 teaspoons mint leaves fresh divided chopped
- 2 garlic clove minced
- 3 garlic clove chopped
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground ginger
- 0.5 teaspoon pepper black
- 2 teaspoons paprika sweet
- 2 tablespoons juice of lemon fresh
- 1 tablespoon olive oil
- 2 tablespoons olive oil
- 0.5 cup onion finely chopped
- 1 cup onion chopped
- 1 cup quinoa
- 1 pinch saffron threads
- 0.5 teaspoon salt
- 1 teaspoon salt
- 0.5 teaspoon turmeric
- 1 cup water
- 2 cups water

Equipment

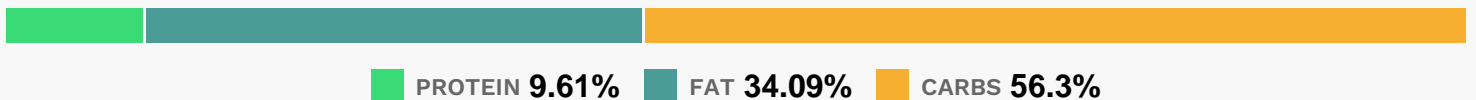
- sauce pan

Directions

- Heat oil in large saucepan over medium heat.
- Add onion; saut until soft, stirring often, about 5 minutes.
- Add garlic; stir 1 minute.
- Mix in paprika and next 8 ingredients.

- Add 1 cup water, tomatoes, and lemon juice. Bring to boil.
- Add squash and carrots. Cover and simmer over medium–low heat until vegetables are tender, stirring occasionally, about 20 minutes. Season with salt and pepper. (Can be prepared 1 day ahead. Cover and chill.)
- Rinse quinoa; drain. Melt butter with oil in large saucepan over medium heat.
- Add onion and carrot. Cover; cook until vegetables begin to brown, stirring often, about 10 minutes.
- Add garlic, salt, and turmeric; saut 1 minute.
- Add quinoa; stir 1 minute.
- Add 2 cups water. Bring to boil; reduce heat to medium–low. Cover; simmer until liquid is absorbed and quinoa is tender, about 15 minutes.
- Rewarm stew. Stir in half of cilantro and half of mint. Spoon quinoa onto platter, forming well in center. Spoon stew into well.
- Sprinkle remaining herbs over.
- *A grain with a delicate flavor and a texture similar to couscous; available at natural foods stores.
- See Nutrition Data's complete analysis of this recipe

Nutrition Facts



Properties

Glycemic Index:81.11, Glycemic Load:4.05, Inflammation Score:-10, Nutrition Score:22.392173904764%

Flavonoids

Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg, Eriodictyol: 0.25mg Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg, Hesperetin: 0.73mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg, Quercetin: 8.99mg

Nutrients (% of daily need)

Calories: 282.26kcal (14.11%), Fat: 11.27g (17.34%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 41.88g (13.96%), Net Carbohydrates: 34.59g (12.58%), Sugar: 8.79g (9.77%), Cholesterol: 5.02mg (1.67%), Sodium: 733.89mg (31.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.15g (14.3%), Vitamin A: 16163IU (323.26%), Manganese: 1.13mg (56.39%), Vitamin C: 30.11mg (36.5%), Fiber: 7.28g (29.13%), Vitamin E: 4.24mg (28.28%), Magnesium: 109.21mg (27.3%), Vitamin B6: 0.52mg (26.09%), Potassium: 874.13mg (24.98%), Folate: 99.31µg (24.83%), Phosphorus: 213.46mg (21.35%), Copper: 0.42mg (21.17%), Vitamin K: 20.42µg (19.45%), Iron: 3.43mg (19.06%), Vitamin B1: 0.29mg (19.03%), Vitamin B3: 2.78mg (13.92%), Vitamin B2: 0.2mg (11.57%), Calcium: 111.34mg (11.13%), Zinc: 1.47mg (9.8%), Vitamin B5: 0.92mg (9.21%), Selenium: 4.03µg (5.76%)