



Quinoa with Moroccan Winter Squash and Carrot Stew



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



228 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
- ☐ 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
- ☐ 0.5 cup onion finely chopped
- ☐ 1 cup quinoa
- ☐ 1 pinch saffron threads
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon turmeric
- ☐ 2 cups water

Equipment

- ☐ sauce pan

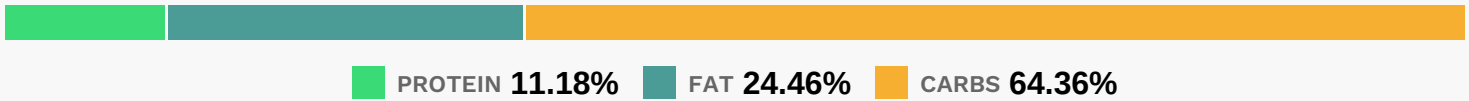
Directions

- ☐ Heat oil in large saucepan over medium heat.
- ☐ Add onion; sauté 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.

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Nutrition Facts



Properties

Glycemic Index:71.61, Glycemic Load:3.37, Inflammation Score:-10, Nutrition Score:21.172174010912%

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: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg, Quercetin: 3.55mg

Nutrients (% of daily need)

Calories: 228.1kcal (11.41%), Fat: 6.57g (10.11%), Saturated Fat: 1.82g (11.4%), Carbohydrates: 38.89g (12.96%), Net Carbohydrates: 32.09g (11.67%), Sugar: 7.65g (8.5%), Cholesterol: 5.02mg (1.67%), Sodium: 342.93mg (14.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.76g (13.52%), Vitamin A: 16162.33IU (323.25%), Manganese: 1.07mg (53.37%), Vitamin C: 27.67mg (33.54%), Fiber: 6.8g (27.19%), Magnesium: 105.76mg (26.44%), Vitamin E: 3.56mg (23.75%), Potassium: 829.06mg (23.69%), Vitamin B6: 0.47mg (23.56%), Folate: 94.2µg (23.55%),

Phosphorus: 203.43mg (20.34%), Copper: 0.4mg (20.1%), Iron: 3.32mg (18.44%), Vitamin B1: 0.27mg (18.01%),
Vitamin K: 17.48µg (16.65%), Vitamin B3: 2.74mg (13.71%), Vitamin B2: 0.19mg (11.05%), Calcium: 101.02mg (10.1%),
Zinc: 1.4mg (9.35%), Vitamin B5: 0.88mg (8.79%), Selenium: 3.68µg (5.26%)