



Slow-Cooker Rye Berries with Butternut Squash

 Dairy Free

READY IN



945 min.

SERVINGS



9

CALORIES



193 kcal

SIDE DISH

Ingredients

- 1.5 cups cracked rye berries uncooked
- 1.8 cups chicken broth (from 32-oz carton)
- 0.3 cup water
- 0.3 cup onion chopped
- 1 tablespoon butter firm cut into small pieces
- 0.5 teaspoon ground cinnamon
- 0.3 teaspoon salt

- 0.5 cups butternut squash peeled
- 0.5 cup walnut pieces chopped

Equipment

- bowl
- slow cooker

Directions

- In large bowl, place rye berries; add enough water to cover.
- Let soak in refrigerator at least 8 hours but no longer than 24 hours; drain.
- Spray 3- to 4-quart slow cooker with cooking spray.
- Place drained rye berries and remaining ingredients except squash and walnuts in slow cooker. Stir to mix.
- Cover; cook on Low heat setting 7 to 8 hours or until rye berries are chewy but tender.
- Stir in squash. Increase heat setting to High. Cover; cook about 30 minutes or until squash is tender. Stir in walnuts.

Nutrition Facts



PROTEIN 12.68% **FAT 27.65%** **CARBS 59.67%**

Properties

Glycemic Index:5.78, Glycemic Load:0.18, Inflammation Score:-6, Nutrition Score:4.4826087018718%

Flavonoids

Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg, Cyanidin: 0.18mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 193.42kcal (9.67%), Fat: 6.48g (9.96%), Saturated Fat: 0.67g (4.18%), Carbohydrates: 31.43g (10.48%), Net Carbohydrates: 25.45g (9.26%), Sugar: 0.73g (0.81%), Cholesterol: 0.91mg (0.3%), Sodium: 249.86mg (10.86%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.68g (13.36%), Fiber: 5.98g (23.93%), Vitamin A: 885.05IU (17.7%), Manganese: 0.28mg (14.2%), Iron: 1.87mg (10.4%), Copper: 0.12mg (5.97%), Magnesium: 14.02mg (3.5%), Calcium: 32.34mg (3.23%), Phosphorus: 28.6mg (2.86%), Vitamin B1: 0.04mg (2.78%), Vitamin B6: 0.05mg (2.63%),

Vitamin C: 2.05mg (2.49%), Vitamin B2: 0.04mg (2.36%), Folate: 9.34µg (2.33%), Potassium: 71.9mg (2.05%), Zinc: 0.26mg (1.7%), Vitamin E: 0.23mg (1.52%), Vitamin B3: 0.27mg (1.37%)