



 **100%**
HEALTH SCORE

Slow-Cooker Squash Stew

 **Gluten Free**  **Very Healthy**

READY IN



510 min.

SERVINGS



4

CALORIES



453 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound butternut squash peeled cut into large pieces
- 4 servings crusty bread and/or lemon wedges for serving
- 1.5 cups chickpeas dried rinsed
- 2 cloves garlic sliced
- 4 servings kosher salt and pepper freshly ground
- 3 tablespoons olive oil extra-virgin
- 1 medium onion thinly sliced
- 1 piece parmesan cheese rind grated for topping

- 0.3 teaspoon pepper flakes red
- 1 bunch swiss chard separated roughly chopped
- 2 tablespoons tomato paste

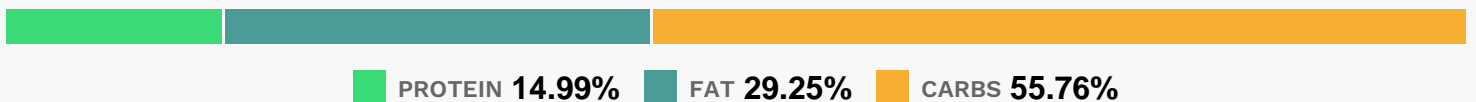
Equipment

- bowl
- frying pan
- ladle
- slow cooker

Directions

- Heat the olive oil in a large skillet over medium-high heat.
- Add the onion and garlic and cook until soft and golden brown, 4 to 5 minutes. Stir in the tomato paste and red pepper flakes and cook 1 minute. Stir in 1/2 cup water, scraping up any browned bits.
- Transfer the contents of the skillet to a 6-quart slow cooker.
- Add the chickpeas, squash, chard stems (not the leaves), the parmesan rind, if using, 2 teaspoons salt and 7 cups water to the slow cooker. Stir, then cover and cook on low, 8 hours.
- Just before serving, lift the lid and stir in the chard leaves; cover and continue cooking 10 more minutes. Season with salt and pepper, and stir to slightly break up the squash. Discard the Parmesan rind, if used. Ladle the stew into bowls; top with the grated parmesan, if desired, and serve with bread and/or lemon wedges.
- Photograph by Antonis Achilleos

Nutrition Facts



Properties

Glycemic Index:51.75, Glycemic Load:8.42, Inflammation Score:-10, Nutrition Score:41.593478350455%

Flavonoids

Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg, Catechin: 1.13mg Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg, Eriodictyol: 0.21mg Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg, Hesperetin: 0.28mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg, Kaempferol: 4.53mg Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg, Myricetin: 2.36mg Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg, Quercetin: 7.27mg

Nutrients (% of daily need)

Calories: 452.52kcal (22.63%), Fat: 15.45g (23.77%), Saturated Fat: 2.03g (12.69%), Carbohydrates: 66.29g (22.1%), Net Carbohydrates: 48.87g (17.77%), Sugar: 13.54g (15.04%), Cholesterol: 0.17mg (0.06%), Sodium: 446.92mg (19.43%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.82g (35.64%), Vitamin K: 638µg (607.62%), Vitamin A: 16853.39IU (337.07%), Folate: 465.26µg (116.31%), Manganese: 2.24mg (112.21%), Fiber: 17.42g (69.67%), Vitamin C: 54.1mg (65.58%), Magnesium: 192.42mg (48.11%), Copper: 0.9mg (44.87%), Potassium: 1471.14mg (42.03%), Iron: 7.24mg (40.2%), Vitamin E: 5.58mg (37.19%), Phosphorus: 365.6mg (36.56%), Vitamin B6: 0.72mg (36.13%), Vitamin B1: 0.52mg (34.83%), Zinc: 3.14mg (20.94%), Calcium: 187.21mg (18.72%), Vitamin B5: 1.83mg (18.32%), Vitamin B2: 0.27mg (16.04%), Vitamin B3: 3.12mg (15.61%), Selenium: 8.25µg (11.79%)