



 **100%**
HEALTH SCORE

Spiced Butternut Squash Stew W/ Couscous

 Vegetarian  Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



616 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup almonds toasted sliced
- 1 small butternut squash peeled cut into 1-inch pieces (2 pounds)
- 16 ounce garbanzo beans drained and rinsed canned
- 1.5 cups chicken broth low sodium canned
- 3 cups chicken broth low sodium canned
- 1 cinnamon sticks
- 1 cup couscous
- 3 tablespoons olive oil extra virgin

- 3 garlic clove smashed
- 0.5 cup golden raisins
- 1 teaspoon ground coriander
- 1 teaspoon ground cumin
- 4 servings pepper fresh black
- 0.5 juice of lemon
- 0.5 teaspoon kosher salt
- 1 slice lemon zest (1 inch)
- 1 medium onion chopped
- 6 plum tomatoes canned crushed
- 0.3 teaspoon pepper red crushed
- 5 ounces pkt spinach chopped

Equipment

- bowl
- sauce pan

Directions

- Heat the oil in a medium saucepan over medium heat.
- Add the onion and cook, stirring occasionally, until soft and golden, about 10 minutes.
- Add the garlic, tomatoes, and spices and cook until the cinnamon stick unfurls and the tomatoes are cooked down, about 3 minutes.
- Add the squash, chickpeas, broth, lemon zest, and raisins and bring to a simmer. Cook, partially covered, until the squash is fork tender, about 25 minutes. Stir in the spinach and cook until wilted, about 3 minutes.
- Add the lemon juice and season, to taste. Meanwhile, make the couscous. Bring the broth to a boil with the salt and pepper in a small saucepan. Stir in the couscous, pull the saucepan off the heat, cover, and set aside until the water has been absorbed and the couscous is plump, about 5 minutes. Fluff the couscous with a fork and mound it in 4 soup bowls. Spoon some butternut squash stew over each portion, top with almonds, and serve.

Nutrition Facts

PROTEIN 13.86% FAT 25.26% CARBS 60.88%

Properties

Glycemic Index:85.25, Glycemic Load:34.25, Inflammation Score:-10, Nutrition Score:42.204348025115%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg, Isorhamnetin: 1.53mg Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg, Kaempferol: 3.04mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg, Quercetin: 8.04mg

Nutrients (% of daily need)

Calories: 616.43kcal (30.82%), Fat: 18.33g (28.19%), Saturated Fat: 2.58g (16.09%), Carbohydrates: 99.39g (33.13%), Net Carbohydrates: 83.8g (30.47%), Sugar: 19.38g (21.53%), Cholesterol: 0mg (0%), Sodium: 737.2mg (32.05%), Alcohol: 0g (100%), Protein: 22.62g (45.25%), Vitamin A: 24093.57IU (481.87%), Vitamin K: 188.27µg (179.3%), Manganese: 2.52mg (126.15%), Vitamin C: 67.46mg (81.76%), Fiber: 15.59g (62.36%), Vitamin B6: 1.18mg (58.93%), Potassium: 1795.34mg (51.3%), Vitamin E: 7.03mg (46.84%), Magnesium: 184.09mg (46.02%), Folate: 179.63µg (44.91%), Vitamin B3: 8.88mg (44.41%), Phosphorus: 411.33mg (41.13%), Copper: 0.81mg (40.5%), Iron: 6.16mg (34.23%), Vitamin B1: 0.39mg (26.18%), Calcium: 249.21mg (24.92%), Vitamin B2: 0.37mg (21.66%), Vitamin B5: 1.84mg (18.43%), Zinc: 2.42mg (16.12%), Selenium: 4.6µg (6.57%), Vitamin B12: 0.27µg (4.43%)