



Spicy Winter Squash Stew with Pinto Beans and Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



65 min.

SERVINGS



6

CALORIES



195 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 30 ounce pinto beans rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1 tablespoon chipotles in adobo minced to taste (or)
- 2 cups corn kernels frozen
- 0.3 teaspoon ground coriander
- 1.5 teaspoon ground cumin
- 1 large onion diced

- 2 teaspoons paprika
- 0.3 teaspoon salt
- 2 tablespoons tomato paste
- 2.5 cups water divided

Equipment

- dutch oven

Directions

- Heat a large, non-stick Dutch oven over medium-high heat.
- Add the squash and onion, and sauté 5 minutes.
- Add 1 cup water and the next 4 ingredients (1 cup water through chipotle); cover and cook 5 minutes.
- Add 1 1/2 cups water, salt, tomatoes, and tomato paste; cover, reduce heat, and simmer 20 minutes.
- Add the corn and beans; cover and cook 15 minutes.

Nutrition Facts



PROTEIN 18.23% **FAT 8.19%** **CARBS 73.58%**

Properties

Glycemic Index:29.17, Glycemic Load:9.05, Inflammation Score:-7, Nutrition Score:13.722173898116%

Flavonoids

Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg, Quercetin: 5.07mg

Nutrients (% of daily need)

Calories: 194.83kcal (9.74%), Fat: 1.91g (2.95%), Saturated Fat: 0.37g (2.29%), Carbohydrates: 38.72g (12.91%), Net Carbohydrates: 28.59g (10.4%), Sugar: 8.84g (9.83%), Cholesterol: 0mg (0%), Sodium: 728.69mg (31.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.59g (19.19%), Fiber: 10.13g (40.52%), Manganese: 0.72mg (35.8%), Potassium: 779.92mg (22.28%), Iron: 3.88mg (21.56%), Copper: 0.43mg (21.4%), Phosphorus: 194.08mg (19.41%), Magnesium: 76.61mg (19.15%), Folate: 68.92µg (17.23%), Vitamin E: 2.16mg (14.39%), Vitamin B6: 0.29mg (14.29%),

Vitamin C: 11.25mg (13.64%), Vitamin A: 588.57IU (11.77%), Vitamin B1: 0.17mg (11.04%), Calcium: 109.02mg (10.9%),
Vitamin B3: 2.05mg (10.24%), Zinc: 1.3mg (8.64%), Vitamin B2: 0.13mg (7.76%), Vitamin K: 7.88µg (7.5%), Vitamin
B5: 0.63mg (6.32%), Selenium: 1.24µg (1.77%)