



Split Pea-Squash Stew with Basil and Serrano



Vegetarian



Gluten Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



436 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 6 tablespoons butter
- ☐ 2 pounds butternut squash peeled cut into 1-in. cubes
- ☐ 2 teaspoons cumin seeds
- ☐ 12 large basil leaves fresh chopped
- ☐ 1 piece ginger grated peeled (2 in.)
- ☐ 0.3 teaspoon ground turmeric
- ☐ 2 teaspoons salt
- ☐ 2 serrano chiles halved seeded thinly sliced

- ☐ 1 teaspoon sugar
- ☐ 6 star anise whole
- ☐ 1 cup peas split yellow rinsed for debris

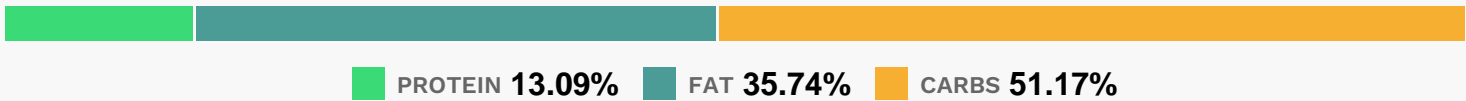
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ In a large pot, bring split peas, turmeric, and 4 cups water to a boil. Lower heat to a simmer, partially cover, and cook 15 minutes.
- ☐ Add squash, salt, sugar, and star anise. Bring to a boil, lower heat to a simmer, and cook uncovered, stirring occasionally, until squash is tender, about 15 minutes.
- ☐ In a small frying pan, melt butter. When melted butter stops foaming on top, turn heat to high, add cumin seeds, and cook, stirring, until browned and fragrant, about 2 minutes.
- ☐ Add ginger and chiles and cook, stirring constantly, another 2 minutes.
- ☐ Add basil. Stir to combine and cook until basil is wilted, about 30 seconds.
- ☐ Serve stew hot, with the spiced butter poured over each serving. Or stir all the spiced butter into the pot of stew before serving.

Nutrition Facts



Properties

Glycemic Index:55.02, Glycemic Load:0.8, Inflammation Score:-10, Nutrition Score:30.166956637217%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 436.3kcal (21.82%), Fat: 18.34g (28.22%), Saturated Fat: 10.95g (68.47%), Carbohydrates: 59.07g (19.69%), Net Carbohydrates: 41.46g (15.08%), Sugar: 10.11g (11.24%), Cholesterol: 45.15mg (15.05%), Sodium:

1316.78mg (57.25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.22%), Vitamin A: 24815.38IU (496.31%), Fiber: 17.61g (70.44%), Manganese: 1.25mg (62.36%), Vitamin C: 50.59mg (61.32%), Folate: 198.81µg (49.7%), Vitamin B1: 0.6mg (39.96%), Potassium: 1349.37mg (38.55%), Magnesium: 142.83mg (35.71%), Copper: 0.63mg (31.31%), Iron: 5.13mg (28.49%), Phosphorus: 274.53mg (27.45%), Vitamin E: 3.87mg (25.8%), Vitamin B6: 0.47mg (23.59%), Vitamin B3: 4.32mg (21.61%), Vitamin B5: 1.82mg (18.2%), Calcium: 163.68mg (16.37%), Vitamin K: 16.51µg (15.73%), Zinc: 2mg (13.34%), Vitamin B2: 0.17mg (10.02%), Selenium: 2.3µg (3.29%)