

## Squash, Bean, and Apple Stew

 Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



6

CALORIES



462 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 apples cored peeled cut into chunks
- 0.5 butternut squash seeds removed
- 8.3 ounce butternut squash soup canned (such as Campbell's® V8®)
- 15 ounce .5 can cannellini beans drained and rinsed canned
- 2 stalks celery chopped
- 3 cups chicken broth or as needed
- 1.3 ounce chicken chili seasoning mix white mccormick® (such as )
- 2 cloves garlic minced

- 2 tablespoons olive oil
- 4 potatoes red cut into chunks
- 1.5 pounds chicken breast halves boneless skinless cut into chunks
- 1 onion yellow chopped

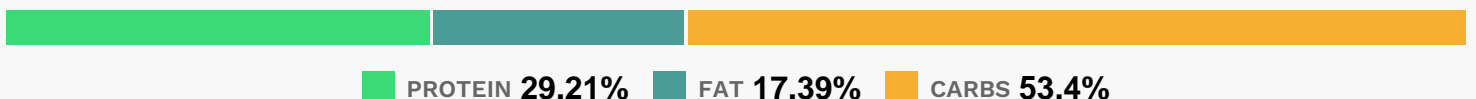
## Equipment

- frying pan
- pot
- blender
- plastic wrap
- microwave

## Directions

- Place potatoes into a pot and cover with salted water; bring to a boil. Reduce heat to medium-low and simmer until tender, about 20 minutes.
- Drain.
- Heat oil in a skillet over medium heat.
- Saute chicken in hot oil until no longer pink in the center, 5 to 7 minutes. Stir onions and garlic into chicken and cook and stir until onion is translucent, about 5 minutes.
- Place butternut squash in a microwave-safe dish and cover dish with plastic wrap. Cook squash in the microwave on high until squash is tender, about 10 minutes.
- Remove flesh from squash skin with a fork.
- Puree 1 can cannellini beans with liquid in a blender until smooth.
- Combine potatoes, chicken mixture, butternut squash, pureed cannellini beans, chicken broth, drained cannellini beans, butternut squash soup, celery, apples, and chili seasoning mix together in a large pot. Bring to a boil, reduce heat to medium-low, and cook until flavors blend, about 30 minutes.

## Nutrition Facts



## Properties

Glycemic Index:27.83, Glycemic Load:6.52, Inflammation Score:-10, Nutrition Score:37.154782616574%

## Flavonoids

Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg, Cyanidin: 0.95mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg, Catechin: 0.79mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg, Epicatechin: 4.57mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg, Epigallocatechin 3-gallate: 0.12mg Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg, Apigenin: 0.39mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg, Quercetin: 7.15mg

## Nutrients (% of daily need)

Calories: 462.44kcal (23.12%), Fat: 9.27g (14.26%), Saturated Fat: 1.58g (9.9%), Carbohydrates: 64.01g (21.34%), Net Carbohydrates: 52.1g (18.94%), Sugar: 12.67g (14.07%), Cholesterol: 74.92mg (24.97%), Sodium: 616.93mg (26.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.02g (70.05%), Vitamin A: 13860.91IU (277.22%), Vitamin B3: 15.74mg (78.69%), Vitamin B6: 1.5mg (74.81%), Potassium: 2031.7mg (58.05%), Selenium: 39.77µg (56.81%), Manganese: 1.01mg (50.55%), Vitamin C: 39.86mg (48.31%), Fiber: 11.91g (47.65%), Phosphorus: 462.78mg (46.28%), Magnesium: 149.72mg (37.43%), Vitamin E: 4.84mg (32.28%), Iron: 5.8mg (32.22%), Folate: 116.65µg (29.16%), Vitamin B1: 0.43mg (28.34%), Vitamin B5: 2.81mg (28.07%), Copper: 0.55mg (27.47%), Vitamin B2: 0.38mg (22.08%), Vitamin K: 20.4µg (19.43%), Zinc: 2.49mg (16.63%), Calcium: 153.7mg (15.37%), Vitamin B12: 0.25µg (4.17%)