



Squash & chorizo stew



Gluten Free



Dairy Free



Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



260 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 140 g chorizo sliced
- ☐ 1 onion chopped
- ☐ 680 g passata
- ☐ 1 butternut squash peeled cut into 1-2cm chunks
- ☐ 1 leaf flat parsley chopped

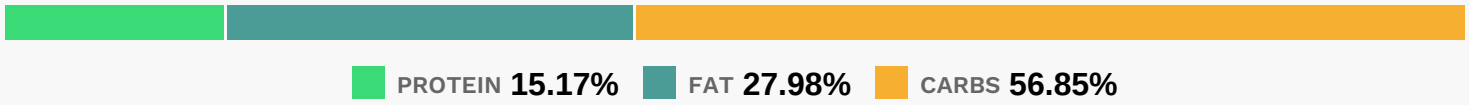
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat a large pan, add the chorizo, then cook over a high heat for 2 mins until it starts to release its red oil. Lift the chorizo out of the pan, then add the onion and fry for 5 mins until starting to soften.
- ☐ Tip in the passata, squash and chorizo, bring to the boil, then cover and cook for 15–20 mins until the squash is softened, but not broken up. If you need to, add a little water during cooking. Season to taste, then serve in bowls scattered with parsley.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:0.57, Inflammation Score:-10, Nutrition Score:24.549565221952%

Flavonoids

Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg, Quercetin: 12.59mg

Nutrients (% of daily need)

Calories: 260.06kcal (13%), Fat: 8.7g (13.38%), Saturated Fat: 3.23g (20.16%), Carbohydrates: 39.77g (13.26%), Net Carbohydrates: 32.31g (11.75%), Sugar: 13.5g (15%), Cholesterol: 21.88mg (7.29%), Sodium: 56.69mg (2.46%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.61g (21.23%), Vitamin A: 20944.86IU (418.9%), Vitamin C: 59.76mg (72.44%), Potassium: 1447.83mg (41.37%), Vitamin E: 6.06mg (40.38%), Manganese: 0.7mg (35.1%), Copper: 0.63mg (31.7%), Fiber: 7.46g (29.82%), Iron: 5.09mg (28.26%), Vitamin B6: 0.54mg (26.81%), Magnesium: 105.72mg (26.43%), Vitamin B3: 4.78mg (23.89%), Folate: 74.93µg (18.73%), Vitamin B1: 0.24mg (16.19%), Vitamin B5: 1.53mg (15.33%), Phosphorus: 137.99mg (13.8%), Calcium: 127.27mg (12.73%), Vitamin K: 12.05µg (11.48%), Vitamin B2: 0.18mg (10.66%), Zinc: 0.94mg (6.28%), Selenium: 2.27µg (3.24%)