



Stewed Apples



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



161 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup brown sugar
- ☐ 3 tablespoons butter
- ☐ 0.5 butternut squash seeds removed and cut into 1-inch chunks peeled
- ☐ 3 granny smith apples cored peeled chopped
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 6 servings kosher salt and pepper black freshly ground
- ☐ 1 cup water

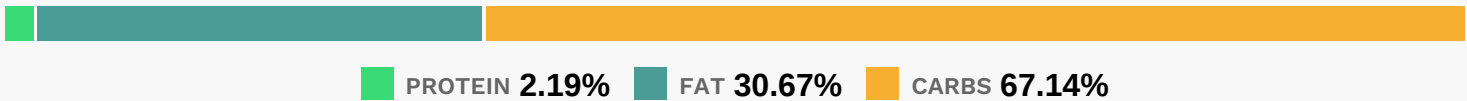
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the butter in a large heavy saute pan over medium-high heat.
- ☐ Add the butternut squash and season with salt and pepper, to taste. Cook until the squash is beginning to caramelize, about 6 to 8 minutes.
- ☐ Add the apples and continue to brown, another 5 minutes. Stir in 1 cup of water and the sugar. Cover, then reduce the heat to medium-low and cook until tender, about 15 minutes.
- ☐ Add the cinnamon and cook until the squash and apples are coated in a deep golden brown glaze, about 5 minutes more.
- ☐ Transfer the stew to a serving bowl and serve.

Nutrition Facts



Properties

Glycemic Index:19.83, Glycemic Load:3.34, Inflammation Score:-10, Nutrition Score:9.4708695703227%

Flavonoids

Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg, Cyanidin: 1.43mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg, Catechin: 1.18mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg, Epicatechin: 6.85mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg, Epigallocatechin 3-gallate: 0.17mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg, Quercetin: 3.65mg

Nutrients (% of daily need)

Calories: 161.13kcal (8.06%), Fat: 5.9g (9.08%), Saturated Fat: 3.64g (22.74%), Carbohydrates: 29.06g (9.69%), Net Carbohydrates: 25.51g (9.28%), Sugar: 19.74g (21.93%), Cholesterol: 15.05mg (5.02%), Sodium: 52.99mg (2.3%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.95g (1.9%), Vitamin A: 6868.86IU (137.38%), Vitamin C: 17.32mg (20.99%), Fiber: 3.55g (14.19%), Manganese: 0.21mg (10.29%), Potassium: 333.29mg (9.52%), Vitamin E: 1.23mg (8.21%), Vitamin B6: 0.14mg (6.9%), Magnesium: 27.43mg (6.86%), Vitamin B1: 0.08mg (5.23%), Folate:

19.93µg (4.98%), Calcium: 48.04mg (4.8%), Vitamin B3: 0.85mg (4.25%), Copper: 0.08mg (4.1%), Iron: 0.64mg (3.54%), Phosphorus: 32.95mg (3.29%), Vitamin B5: 0.33mg (3.27%), Vitamin K: 3.4µg (3.23%), Vitamin B2: 0.04mg (2.28%)