



Stovetop Butternut Squash and Chicken Stew with Quinoa

READY IN



65 min.

SERVINGS



6

CALORIES



399 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 apples diced cored peeled
- 1 teaspoon pepper black freshly ground
- 1 tablespoon butter
- 2 cups butternut squash cubed peeled seeded
- 1 cup carrots diced
- 2 rib celery chopped
- 2 links precooked apple chicken sausage sliced into rounds
- 3 cups chicken stock see divided

- 1 pound chicken tenderloins
- 2 tablespoons flour all-purpose
- 1 tablespoon tarragon fresh minced
- 0.5 teaspoon garam masala
- 1 clove garlic minced
- 1 tablespoon olive oil
- 1 onion diced
- 1 cup quinoa rinsed drained
- 0.5 cup bell pepper diced red
- 0.5 teaspoon rubbed sage
- 0.5 teaspoon salt

Equipment

- bowl
- frying pan

Directions

- Season chicken tenderloins with salt and black pepper; pat into flour in a shallow bowl until lightly coated.
- Heat olive oil in a skillet over medium-high heat. Cook tenderloins, until browned, turning once, about 5 minutes per side.
- Remove from pan and set aside.
- Reduce heat to medium-low; add garlic, onion, red bell pepper, and apple chicken sausage. Cook and stir until garlic and onion are fragrant and sausage is slightly browned, about 2 minutes.
- Pour in 1/2 cup chicken stock to deglaze the pan, scraping up browned bits.
- Add tarragon, sage, and garam masala; simmer for 2 more minutes.
- Slice the chicken tenderloins into 1-inch pieces.
- Add chicken, remaining chicken stock, butternut squash, carrots, celery, and apple to pan; cover and bring to a boil. When stock is boiling, push ingredients to the edge of the skillet and

add quinoa to the center of the pan. Cover and simmer over low heat until vegetables are soft and quinoa is cooked, about 20 minutes.

Mix in butter; stir the stew until slightly thickened, 3 to 5 minutes. Adjust seasoning to taste.

Nutrition Facts

PROTEIN 28.9% **FAT 30.56%** **CARBS 40.54%**

Properties

Glycemic Index:71.14, Glycemic Load:4.14, Inflammation Score:-10, Nutrition Score:26.29782613464%

Flavonoids

Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg, Cyanidin: 0.48mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg, Catechin: 0.39mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg, Epicatechin: 2.28mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg, Quercetin: 5.02mg

Nutrients (% of daily need)

Calories: 398.62kcal (19.93%), Fat: 13.69g (21.06%), Saturated Fat: 3.44g (21.5%), Carbohydrates: 40.85g (13.62%), Net Carbohydrates: 35.75g (13%), Sugar: 8.75g (9.72%), Cholesterol: 77mg (25.67%), Sodium: 778.83mg (33.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.24%), Vitamin A: 9171.55IU (183.43%), Vitamin B3: 11.41mg (57.07%), Vitamin B6: 0.99mg (49.31%), Manganese: 0.92mg (46.11%), Selenium: 30.61µg (43.73%), Vitamin C: 32mg (38.79%), Phosphorus: 363.68mg (36.37%), Magnesium: 108.96mg (27.24%), Potassium: 929.11mg (26.55%), Folate: 95.97µg (23.99%), Fiber: 5.1g (20.41%), Vitamin B2: 0.34mg (20.17%), Vitamin B1: 0.3mg (19.84%), Iron: 3.14mg (17.43%), Copper: 0.33mg (16.54%), Vitamin B5: 1.64mg (16.43%), Vitamin E: 2.34mg (15.57%), Zinc: 1.76mg (11.71%), Calcium: 74.06mg (7.41%), Vitamin K: 7.44µg (7.09%), Vitamin B12: 0.16µg (2.59%)