



## Winter Squash Stew with Pinto Beans and Corn

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



280 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 cups butternut squash cubed peeled ( ) ( 11/4 pounds)
- 15 ounce pinto beans rinsed drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 1 pepper flakes dried seeded
- 1 cup corn kernels frozen
- 0.3 teaspoon ground coriander
- 1 teaspoon ground cumin

- 1 cup onion diced
- 2 teaspoons paprika
- 0.3 teaspoon salt
- 2 tablespoons vegetable oil
- 2.5 cups water divided

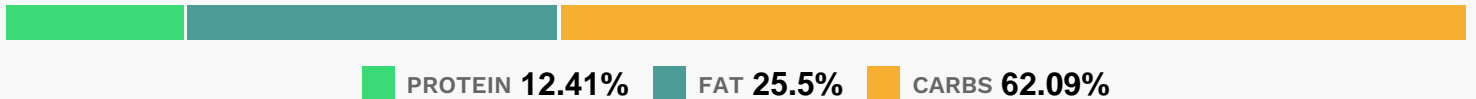
## Equipment

- dutch oven

## Directions

- Heat vegetable oil in a large Dutch oven over medium-high heat.
- Add the squash and onion, and saut 5 minutes.
- Add 1 cup water and the next 4 ingredients (1 cup water through chile); cover and cook 5 minutes.
- Add 1 1/2 cups water, salt, and tomatoes; cover, reduce heat, and simmer 20 minutes.
- Add the corn and beans; cover and cook 15 minutes. Discard the chile.

## Nutrition Facts



## Properties

Glycemic Index:43.75, Glycemic Load:8.4, Inflammation Score:-10, Nutrition Score:24.800434796706%

## Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg, Quercetin: 8.12mg

## Nutrients (% of daily need)

Calories: 280.46kcal (14.02%), Fat: 8.64g (13.29%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 47.32g (15.77%), Net Carbohydrates: 36.26g (13.18%), Sugar: 12.14g (13.49%), Cholesterol: 0mg (0%), Sodium: 665.73mg (28.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.46g (18.92%), Vitamin A: 12007.69IU (240.15%), Vitamin C:

52.1mg (63.16%), Manganese: 0.89mg (44.65%), Fiber: 11.07g (44.26%), Potassium: 1146.22mg (32.75%), Vitamin E: 4.39mg (29.26%), Magnesium: 108.76mg (27.19%), Vitamin B6: 0.54mg (26.91%), Copper: 0.52mg (25.8%), Iron: 4.51mg (25.06%), Folate: 93.12µg (23.28%), Vitamin K: 23.9µg (22.77%), Phosphorus: 206.79mg (20.68%), Vitamin B1: 0.29mg (19.05%), Vitamin B3: 3.52mg (17.62%), Calcium: 159.67mg (15.97%), Vitamin B5: 1.09mg (10.93%), Vitamin B2: 0.16mg (9.57%), Zinc: 1.35mg (8.98%), Selenium: 1.77µg (2.52%)