



Winter Stew with Chestnuts

 **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



8

CALORIES



312 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 pound acorn squash
- ☐ 0.1 teaspoon pepper black
- ☐ 28 ounce canned tomatoes crushed undrained canned
- ☐ 1.3 cups carrots sliced ()
- ☐ 1 cup honey shelled cooked chopped (1 pound in shell)
- ☐ 2 tablespoons cornstarch
- ☐ 0.3 teaspoon rosemary dried crushed
- ☐ 32 ounce less-sodium chicken broth fat-free canned

- ☐ 2 garlic cloves minced
- ☐ 0.8 cup green onions chopped
- ☐ 3 cups turkey ham smoked chopped
- ☐ 1 tablespoon olive oil
- ☐ 1.8 cups onion chopped
- ☐ 0.5 teaspoon oregano dried
- ☐ 4 cups turnips cubed peeled (1-inch) (1 pound)
- ☐ 2 tablespoons water

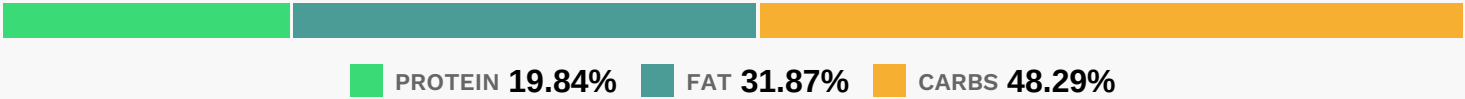
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Preheat oven to 40
- ☐ Cut squash lengthwise in half; discard seeds and stringy membrane.
- ☐ Cut each half lengthwise into quarters.
- ☐ Place squash and turnips on a baking sheet coated with cooking spray.
- ☐ Bake at 400 for 25 minutes; cool. Scoop out pulp from each squash piece; discard rind.
- ☐ Cut into 1-inch cubes.
- ☐ Heat olive oil in a Dutch oven over medium heat.
- ☐ Add chopped onion, carrot, green onions, and garlic, and saut 8 minutes.
- ☐ Add squash, turnips, chestnuts, broth, and tomatoes. Cover and simmer 25 minutes.
- ☐ Combine cornstarch and water in a small bowl.
- ☐ Add cornstarch mixture, turkey, and remaining ingredients to pan; bring to a boil. Reduce heat; simmer 25 minutes.

Nutrition Facts



Properties

Glycemic Index:50.98, Glycemic Load:10.07, Inflammation Score:-10, Nutrition Score:25.263478372408%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg, Isorhamnetin: 1.75mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg, Quercetin: 8.16mg

Nutrients (% of daily need)

Calories: 312.28kcal (15.61%), Fat: 11.54g (17.75%), Saturated Fat: 3.52g (22.01%), Carbohydrates: 39.34g (13.11%), Net Carbohydrates: 33.09g (12.03%), Sugar: 9.67g (10.74%), Cholesterol: 32.55mg (10.85%), Sodium: 1282.53mg (55.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.16g (32.32%), Vitamin A: 4071.98IU (81.44%), Vitamin C: 48.21mg (58.44%), Vitamin B1: 0.64mg (42.97%), Vitamin B6: 0.75mg (37.32%), Potassium: 1225.13mg (35%), Manganese: 0.65mg (32.53%), Vitamin B3: 5.74mg (28.68%), Vitamin K: 29.4µg (28%), Fiber: 6.25g (25%), Phosphorus: 244mg (24.4%), Copper: 0.49mg (24.29%), Selenium: 16.45µg (23.5%), Magnesium: 88.21mg (22.05%), Iron: 3.42mg (18.98%), Folate: 71.79µg (17.95%), Vitamin B2: 0.26mg (15.01%), Vitamin B5: 1.43mg (14.31%), Zinc: 2.08mg (13.85%), Vitamin E: 1.92mg (12.77%), Calcium: 127.37mg (12.74%), Vitamin B12: 0.56µg (9.38%), Vitamin D: 0.37µg (2.45%)