



African Ground Nut Stew with Sour Cream-Chive Topping

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



6

CALORIES



379 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 28 ounce canned tomatoes diced undrained canned
- 2 teaspoons canola oil
- 0.5 teaspoon pepper red crushed
- 1 cup dry-roasted peanuts unsalted chopped
- 0.3 cup chives fresh minced
- 3 garlic cloves minced
- 0.8 cup bell pepper red chopped

- 1 pound potatoes red quartered
- 1 teaspoon salt
- 1 cup cup heavy whipping cream fat-free sour
- 4 cups sweet potatoes cubed peeled (1-inch) ()
- 2.5 cups vegetable broth organic (such as Swanson Certified)
- 1.3 cups onion yellow thinly sliced

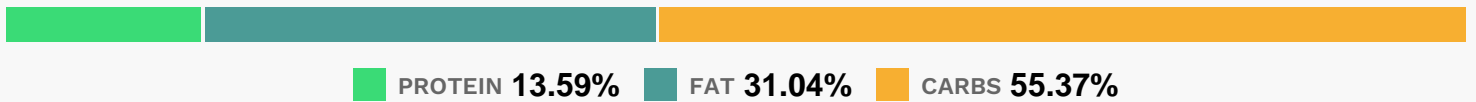
Equipment

- bowl
- dutch oven

Directions

- Combine sour cream and chives in a small bowl; cover. Refrigerate 2 hours.
- Heat oil in a Dutch oven over medium-high heat.
- Add onion and bell pepper; saut 3 minutes or until tender.
- Add garlic; saut 30 seconds. Stir in peanuts, salt, and crushed red pepper; saut 2 minutes.
- Add potatoes, broth, and tomatoes; bring to a boil. Cover, reduce heat, and simmer 1 hour and 10 minutes or until the potatoes are tender.
- Place 1 2/3 cups stew into each of 6 bowls; top each serving with about 2 1/2 tablespoons sour cream mixture.

Nutrition Facts



Properties

Glycemic Index:45.83, Glycemic Load:13.15, Inflammation Score:-10, Nutrition Score:27.352173800054%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg, Isorhamnetin: 1.78mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.06mg,

Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg, Quercetin: 7.42mg

Nutrients (% of daily need)

Calories: 378.83kcal (18.94%), Fat: 13.92g (21.41%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 55.87g (18.62%), Net Carbohydrates: 46.16g (16.78%), Sugar: 13.74g (15.26%), Cholesterol: 3.45mg (1.15%), Sodium: 1180.78mg (51.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Vitamin A: 13881.1IU (277.62%), Manganese: 1.25mg (62.47%), Vitamin C: 48.55mg (58.84%), Potassium: 1370.93mg (39.17%), Fiber: 9.71g (38.85%), Vitamin B6: 0.7mg (35.04%), Vitamin B3: 6.9mg (34.51%), Copper: 0.67mg (33.48%), Magnesium: 116.87mg (29.22%), Phosphorus: 278.98mg (27.9%), Vitamin B1: 0.35mg (23.48%), Folate: 92.18µg (23.04%), Iron: 3.6mg (20.01%), Vitamin B5: 1.74mg (17.43%), Vitamin E: 2.49mg (16.63%), Calcium: 165.4mg (16.54%), Vitamin K: 16.55µg (15.76%), Vitamin B2: 0.25mg (14.97%), Zinc: 1.69mg (11.26%), Selenium: 6.01µg (8.58%), Vitamin B12: 0.12µg (1.92%)