



African Pineapple Peanut Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



292 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups pineapple canned crushed undrained (20-ounce can)
- 2 garlic clove minced pressed
- 4 cups kale sliced
- 1 large onion chopped
- 0.3 cup parsley chopped
- 0.5 cup peanut butter
- 4 servings salt to taste
- 4 servings spring onion chopped

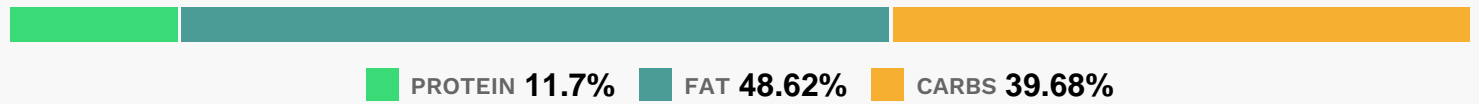
- 1 tablespoon hot sauce hot (I actually use 3 tablespoons of a favorite Louisiana sauce that isn't as spicy as Tabasco)

Equipment

Directions

- Add the garlic, and stir for another minute.
- Add the pineapple and its juice to the onions and bring to a simmer. Stir in the kale, cover, and simmer for about 5 minutes, stirring a couple of times, until just tender.
- Mix in the peanut butter, Tabasco, and parsley and simmer for 5 minutes.
- Add salt to taste, and serve topped with crushed peanuts and scallions, over rice or other grain. (This makes about 4 servings.)

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:1.85, Inflammation Score:-10, Nutrition Score:20.134347811989%

Flavonoids

Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 6.83mg, Isorhamnetin: 6.83mg, Isorhamnetin: 6.83mg, Isorhamnetin: 6.83mg Kaempferol: 10.21mg, Kaempferol: 10.21mg, Kaempferol: 10.21mg, Kaempferol: 10.21mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg, Quercetin: 13.03mg

Nutrients (% of daily need)

Calories: 291.72kcal (14.59%), Fat: 17.02g (26.19%), Saturated Fat: 3.33g (20.81%), Carbohydrates: 31.26g (10.42%), Net Carbohydrates: 26.35g (9.58%), Sugar: 22.24g (24.71%), Cholesterol: 0mg (0%), Sodium: 435.17mg (18.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.22g (18.44%), Vitamin K: 157µg (149.52%), Vitamin C: 42.52mg (51.54%), Vitamin A: 2538.92IU (50.78%), Manganese: 0.7mg (35.12%), Vitamin B3: 5.02mg (25.08%), Magnesium: 86.54mg (21.64%), Vitamin E: 3.17mg (21.16%), Fiber: 4.91g (19.62%), Vitamin B6: 0.34mg (16.93%), Folate: 63.57µg (15.89%), Copper: 0.3mg (15.19%), Phosphorus: 147.08mg (14.71%), Vitamin B1: 0.22mg (14.46%), Potassium: 504.47mg (14.41%), Calcium: 109.28mg (10.93%), Vitamin B2: 0.18mg (10.72%), Iron: 1.67mg (9.27%), Zinc: 1.17mg (7.79%), Vitamin B5: 0.44mg (4.39%), Selenium: 2.43µg (3.46%)