



HEALTH SCORE

58%

African Sweet Potato Stew with Red Beans



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



280 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 4.5 ounce chiles green drained chopped canned
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 3 tablespoons creamy peanut butter
- ☐ 3 tablespoons dry-roasted peanuts chopped
- ☐ 1 teaspoon ginger fresh grated peeled
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground cumin

- ☐ 6 lime wedges
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1.5 cups beans red cooked
- ☐ 1 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 4 cups sweet potatoes and into cubed peeled 1 1/2 pounds
- ☐ 1.5 cups vegetable broth
- ☐ 0.5 cup water

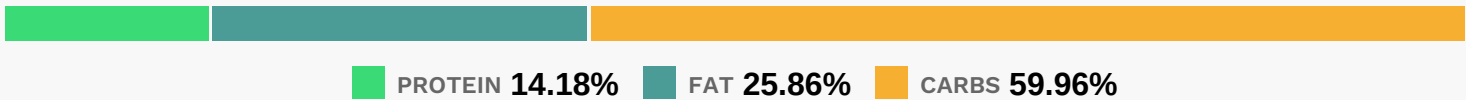
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ slow cooker

Directions

- ☐ Heat oil in a nonstick skillet over medium heat.
- ☐ Add onion and garlic; cover and cook 5 minutes or until tender.
- ☐ Place onion mixture in a 5-quart electric slow cooker.
- ☐ Add sweet potato and next 10 ingredients (through chiles). Cover and cook on low 8 hours or until vegetables are tender.
- ☐ Spoon 1 cup cooking liquid into a small bowl.
- ☐ Add peanut butter; stir well with a whisk. Stir peanut butter mixture into stew. Top with peanuts; serve with lime wedges.

Nutrition Facts



Properties

Glycemic Index:59.88, Glycemic Load:14.52, Inflammation Score:-10, Nutrition Score:23.292174007582%

Flavonoids

Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg, Hesperetin: 7.74mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg, Quercetin: 11.28mg

Nutrients (% of daily need)

Calories: 279.98kcal (14%), Fat: 8.58g (13.21%), Saturated Fat: 1.49g (9.32%), Carbohydrates: 44.78g (14.93%), Net Carbohydrates: 34.6g (12.58%), Sugar: 11.26g (12.51%), Cholesterol: 0mg (0%), Sodium: 713.65mg (31.03%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.59g (21.19%), Vitamin A: 13668.32IU (273.37%), Vitamin C: 56.4mg (68.37%), Manganese: 0.91mg (45.34%), Fiber: 10.19g (40.75%), Folate: 121.39µg (30.35%), Vitamin B6: 0.55mg (27.54%), Potassium: 922.51mg (26.36%), Copper: 0.47mg (23.63%), Magnesium: 87.83mg (21.96%), Iron: 3.7mg (20.58%), Phosphorus: 198.38mg (19.84%), Vitamin B3: 3.87mg (19.35%), Vitamin B1: 0.26mg (17.32%), Vitamin E: 2.47mg (16.46%), Vitamin B5: 1.34mg (13.41%), Vitamin K: 11.41µg (10.87%), Vitamin B2: 0.18mg (10.48%), Calcium: 99.34mg (9.93%), Zinc: 1.42mg (9.43%), Selenium: 2.62µg (3.75%)