



 **80%**
HEALTH SCORE

Argentine Lentil Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



4

CALORIES



309 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 medium apples diced cored peeled
- 0.3 cup barbecue sauce
- 1 carrots sliced
- 1 large clove garlic
- 1 cup lentils dry
- 1 tablespoon olive oil
- 1 large onion diced
- 0.5 teaspoon paprika

- 0.5 cup peas frozen
- 4 servings salt and pepper to taste
- 3 medium tomatoes diced peeled
- 1 cube vegetable stock
- 1 quart water

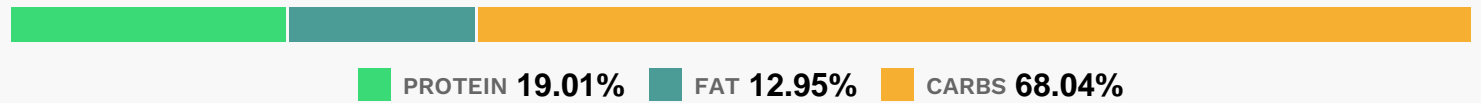
Equipment

- pot

Directions

- Place the lentils and water in a large pot, and mix in the vegetable bouillon. Bring to a boil, reduce heat to low, and simmer 20 minutes.
- Stir the tomatoes, onion, carrot, apple, peas, garlic, olive oil, barbeque sauce, and paprika into the pot. Continue to simmer 20 minutes. Season with salt and pepper to serve.

Nutrition Facts



Properties

Glycemic Index:75.69, Glycemic Load:8.13, Inflammation Score:-10, Nutrition Score:25.276956521739%

Flavonoids

Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg, Cyanidin: 0.71mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg, Catechin: 0.76mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg, Epicatechin: 3.43mg Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg, Epigallocatechin 3-gallate: 0.09mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg, Isorhamnetin: 1.88mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg, Quercetin: 10.02mg Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg, Galocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 309.16kcal (15.46%), Fat: 4.57g (7.02%), Saturated Fat: 0.64g (4.03%), Carbohydrates: 53.96g (17.99%), Net Carbohydrates: 34.76g (12.64%), Sugar: 17.44g (19.38%), Cholesterol: 0mg (0%), Sodium: 411.98mg (17.91%), Protein: 15.08g (30.16%), Fiber: 19.2g (76.8%), Vitamin A: 3662.58IU (73.25%), Folate: 267.43µg (66.86%), Manganese: 0.94mg (47.18%), Vitamin B1: 0.54mg (36.19%), Vitamin C: 28.11mg (34.07%), Phosphorus: 284.92mg (28.49%), Potassium: 923.74mg (26.39%), Iron: 4.52mg (25.08%), Vitamin B6: 0.48mg (23.82%), Magnesium: 87.87mg (21.97%), Copper: 0.42mg (21.21%), Zinc: 2.87mg (19.12%), Vitamin K: 19.99µg (19.04%), Vitamin B5: 1.28mg (12.84%), Vitamin B3: 2.55mg (12.75%), Vitamin E: 1.67mg (11.12%), Vitamin B2: 0.19mg (11.03%), Calcium: 72.11mg (7.21%), Selenium: 4.87µg (6.95%)