



 **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

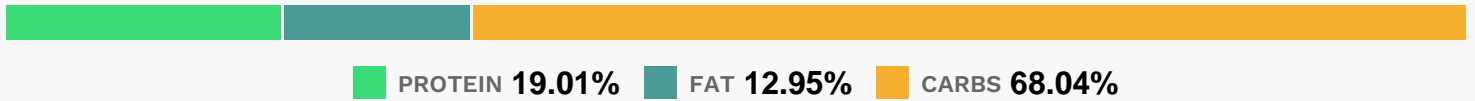
## Equipment

- 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%)