

 100%
HEALTH SCORE

Ashkephardic Cholent

 Dairy Free  Very Healthy

READY IN



720 min.

SERVINGS



8

CALORIES



763 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2.5 lbs stew meat cut into chunks
- ☐ 0.5 tsp pepper black
- ☐ 1 tsp cumin
- ☐ 1 cup rice dried (lima, pinto, kidney, chickpeas, or a mixture)
- ☐ 3 tbsp olive oil extra virgin
- ☐ 2 tsp kosher salt
- ☐ 2 "-" long marrow bones
- ☐ 2 onion chopped

- ☐ 1.5 tsp paprika
- ☐ 0.5 cup quick-cooking barley
- ☐ 1 large pot roast cut french
- ☐ 2.5 lbs potatoes - remove skin red peeled halved
- ☐ 1.5 tsp turmeric

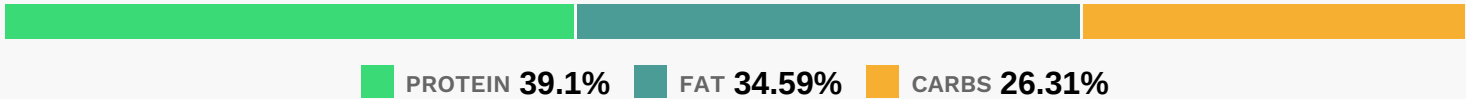
Equipment

- ☐ oven
- ☐ pot

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Ashkephardic Cholent
- ☐ Ingredients1 cup dried beans (lima, pinto, kidney, chickpeas, or a mixture)3 tbsp extra virgin olive oil2 1/2 lbs beef stew meat cut into chunks2 onions, chopped2 marrow bones6 eggs (optional)2 1/2 lbs large red potatoes, peeled and halved2-4 tsp kosher salt1 1/2 tsp paprika1 1/2 tsp turmeric1 tsp cumin2 garlic cloves (optional)1/2 tsp black pepper1/2 cup pearl barley (optional)You will also needA large heavy pot - a 7 or 8 qt. heavy Dutch or French Oven works best
- ☐ Total Time: 8 - 12 Hours
- ☐ Servings: 8 servings
- ☐ Kosher Key: Meat

Nutrition Facts



Properties

Glycemic Index:15.13, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:44.628695726395%

Flavonoids

Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg, Cyanidin: 0.43mg Pelargonidin: 1.11mg, Pelargonidin: 1.11mg, Pelargonidin: 1.11mg, Pelargonidin: 1.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 763.05kcal (38.15%), Fat: 29g (44.61%), Saturated Fat: 6.02g (37.63%), Carbohydrates: 49.61g (16.54%), Net Carbohydrates: 40.99g (14.91%), Sugar: 3.64g (4.05%), Cholesterol: 182.62mg (60.87%), Sodium: 800.1mg (34.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 73.74g (147.47%), Selenium: 81.33µg (116.19%), Vitamin B6: 2.05mg (102.71%), Zinc: 15.36mg (102.39%), Vitamin B3: 20.01mg (100.03%), Vitamin B12: 5.7µg (94.96%), Phosphorus: 827.95mg (82.79%), Potassium: 2026.47mg (57.9%), Iron: 9.74mg (54.11%), Folate: 162.03µg (40.51%), Manganese: 0.76mg (38.14%), Magnesium: 145.8mg (36.45%), Vitamin B1: 0.54mg (36.2%), Vitamin B2: 0.59mg (34.94%), Copper: 0.7mg (34.77%), Fiber: 8.62g (34.47%), Vitamin B5: 2.23mg (22.28%), Vitamin C: 15.39mg (18.65%), Vitamin K: 13.01µg (12.39%), Vitamin E: 1.82mg (12.15%), Calcium: 97.05mg (9.7%), Vitamin A: 253.9IU (5.08%)