



Baked "Veggie Burger" Stew

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



478 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 cups potatoes cubed
- 2 small turnip cubed peeled
- 1 cup celery stalks sliced
- 1 cup carrots sliced
- 3 small onion cut into fourths
- 0.5 cup flour all-purpose
- 2 cups vegetable stock flavored (from 32-oz carton)
- 2 cups canned tomatoes diced organic undrained (from 28-oz can)

- 2 tablespoons thyme leaves dried fresh chopped
- 2 tablespoons marjoram dried fresh chopped
- 0.3 teaspoon salt
- 0.3 teaspoon pepper
- 1 bay leaves dried
- 4 vegetable burgers frozen thawed cut into 1-inch pieces

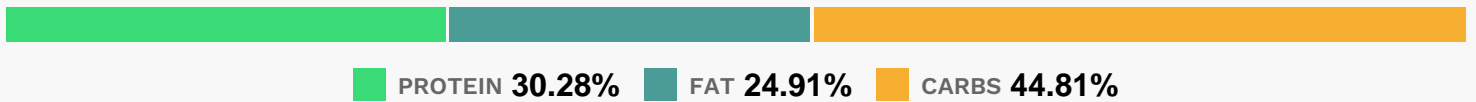
Equipment

- bowl
- oven
- dutch oven

Directions

- Heat oven to 350°F. In ovenproof 4-quart Dutch oven, mix potatoes, turnips, rutabaga, celery, carrots and onions.
- In small bowl, mix flour and broth until smooth. Stir broth mixture and remaining ingredients except burger pieces into vegetable mixture.
- Heat to boiling over medium-high heat. Stir in burger pieces.
- Cover; bake 50 to 60 minutes, stirring occasionally, until vegetables are tender.
- Remove bay leaf.

Nutrition Facts



Properties

Glycemic Index:124.4, Glycemic Load:28.63, Inflammation Score:-10, Nutrition Score:24.450869560242%

Flavonoids

Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg, Apigenin: 0.85mg Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg, Luteolin: 1.89mg Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg, Isorhamnetin: 2.63mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin:

0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg, Quercetin: 11.56mg

Nutrients (% of daily need)

Calories: 477.82kcal (23.89%), Fat: 13.05g (20.08%), Saturated Fat: 3.54g (22.11%), Carbohydrates: 52.83g (17.61%), Net Carbohydrates: 44.13g (16.05%), Sugar: 12.47g (13.85%), Cholesterol: 107.84mg (35.95%), Sodium: 982.42mg (42.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.69g (71.38%), Vitamin A: 6356.45IU (127.13%), Vitamin C: 50.91mg (61.71%), Manganese: 0.8mg (40.09%), Iron: 6.38mg (35.43%), Fiber: 8.7g (34.81%), Vitamin B6: 0.68mg (33.81%), Potassium: 1154.61mg (32.99%), Vitamin K: 26.74µg (25.47%), Vitamin B1: 0.36mg (24.33%), Folate: 95.22µg (23.81%), Copper: 0.46mg (22.98%), Vitamin B3: 4.19mg (20.97%), Magnesium: 76.32mg (19.08%), Phosphorus: 163.16mg (16.32%), Calcium: 159.77mg (15.98%), Vitamin B2: 0.25mg (14.7%), Vitamin E: 1.85mg (12.33%), Vitamin B5: 1.01mg (10.07%), Selenium: 7µg (10%), Zinc: 1.12mg (7.49%)