



Baked "Veggie Burger" Stew

 Dairy Free

READY IN



75 min.

SERVINGS



4

CALORIES



472 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups vegetable stock flavored (from 32-oz carton)
- ☐ 2 cups canned tomatoes diced organic undrained (from 28-oz can)
- ☐ 1 cup carrots sliced
- ☐ 1 cup celery stalks sliced
- ☐ 1 bay leaves dried
- ☐ 0.5 cup flour all-purpose
- ☐ 3 small onion cut into fourths
- ☐ 0.3 teaspoon pepper

- ☐ 2 cups potatoes cubed
- ☐ 0.3 teaspoon salt
- ☐ 4 vegetable burgers frozen thawed cut into 1-inch pieces
- ☐ 2 small turnip cubed peeled

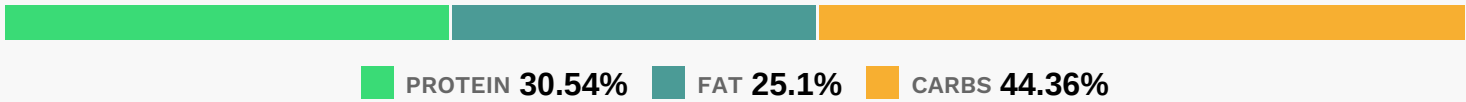
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Heat oven to 350F. 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:113.15, Glycemic Load:28.47, Inflammation Score:-10, Nutrition Score:22.501739294633%

Flavonoids

Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg, Apigenin: 0.72mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg 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: 471.58kcal (23.58%), Fat: 12.92g (19.88%), Saturated Fat: 3.52g (21.97%), Carbohydrates: 51.37g (17.12%), Net Carbohydrates: 43.56g (15.84%), Sugar: 12.42g (13.81%), Cholesterol: 107.84mg (35.95%), Sodium: 981.33mg (42.67%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 35.37g (70.74%), Vitamin A: 6109.49IU (122.19%), Vitamin C: 44.79mg (54.29%), Manganese: 0.69mg (34.37%), Vitamin B6: 0.65mg (32.61%), Potassium: 1118.08mg (31.95%), Fiber: 7.81g (31.24%), Iron: 4.94mg (27.44%), Vitamin B1: 0.36mg (24.02%), Folate: 90.91µg (22.73%), Copper: 0.43mg (21.44%), Vitamin B3: 4.09mg (20.44%), Vitamin K: 20.52µg (19.54%), Magnesium: 67.26mg (16.81%), Phosphorus: 156.39mg (15.64%), Vitamin B2: 0.23mg (13.55%), Calcium: 125.7mg (12.57%), Vitamin E: 1.83mg (12.22%), Selenium: 6.95µg (9.93%), Vitamin B5: 0.99mg (9.92%), Zinc: 1.02mg (6.83%)