

Bean and Vegetable Stew with Polenta

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



75 min.

SERVINGS



4

CALORIES



805 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 oz blackeyed peas rinsed drained canned
- 19 oz cannellini beans white rinsed drained canned (kidney)
- 2 medium carrots cut into 1/4-inch slices (1 cup)
- 2 teaspoons garlic finely chopped
- 1 cup green beans frozen
- 1 teaspoon seasoning italian
- 0.5 cup onion coarsely chopped
- 0.3 teaspoon pepper

- 16 oz polenta refrigerated
- 0.5 teaspoon salt
- 29 oz tomatoes diced italian with herbs, undrained organic canned
- 1 tablespoon vegetable oil
- 1 cup water
- 1 cup bell pepper green yellow coarsely chopped

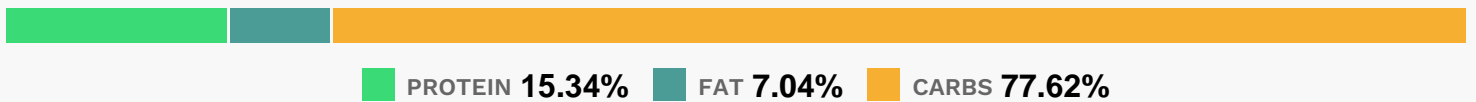
Equipment

- dutch oven

Directions

- In 4 1/2- to 5-quart Dutch oven, heat oil over medium heat.
- Add onion, bell pepper and garlic; cook 5 to 6 minutes, stirring frequently, until onion is softened.
- Stir in remaining ingredients except polenta and green beans.
- Heat to boiling; reduce heat to medium-low. Cover; cook 35 to 40 minutes, stirring occasionally, until carrots are tender and stew is hot. Meanwhile, cook polenta as directed on package; keep warm.
- Stir frozen green beans into stew. Cover; cook 5 to 6 minutes, stirring occasionally, until beans are hot. To serve, spoon stew over polenta.

Nutrition Facts



Properties

Glycemic Index:76.71, Glycemic Load:17.35, Inflammation Score:-10, Nutrition Score:42.099565008412%

Flavonoids

Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg, Naringenin: 1.4mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg, Myricetin: 0.35mg Quercetin: 6.92mg, Quercetin: 6.92mg, Quercetin: 6.92mg,

Quercetin: 6.92mg

Nutrients (% of daily need)

Calories: 804.95kcal (40.25%), Fat: 6.38g (9.81%), Saturated Fat: 1.07g (6.66%), Carbohydrates: 158.23g (52.74%), Net Carbohydrates: 137.73g (50.09%), Sugar: 14.15g (15.72%), Cholesterol: 0mg (0%), Sodium: 341.06mg (14.83%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.26g (62.53%), Vitamin A: 7403.35IU (148.07%), Folate: 368.8µg (92.2%), Manganese: 1.79mg (89.7%), Fiber: 20.5g (82%), Vitamin C: 65.65mg (79.57%), Potassium: 1813.42mg (51.81%), Iron: 9.15mg (50.84%), Magnesium: 197.05mg (49.26%), Vitamin K: 50.57µg (48.16%), Phosphorus: 458.1mg (45.81%), Copper: 0.89mg (44.39%), Vitamin B1: 0.64mg (42.97%), Vitamin B6: 0.75mg (37.55%), Selenium: 24.63µg (35.18%), Zinc: 3.95mg (26.36%), Vitamin E: 3.3mg (21.99%), Vitamin B3: 4mg (19.99%), Calcium: 188.41mg (18.84%), Vitamin B5: 1.64mg (16.41%), Vitamin B2: 0.26mg (15.26%)