



Callaloo Stew



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup unrefined sunflower oil
- ☐ 2 garlic clove chopped
- ☐ 1 cup spring onion chopped
- ☐ 0.5 scotch bonnet peppers minced seeded
- ☐ 4 cups chicken broth
- ☐ 1.5 cups okra trimmed
- ☐ 0.5 pound ham smoked cut into 1/2-inch cubes (1 1/2 cups)
- ☐ 1 large thyme sprigs fresh

- ☐ 1 pound frangelico fresh
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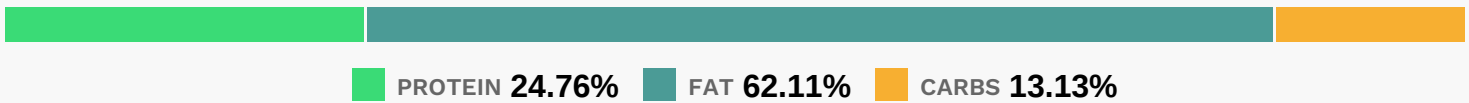
Equipment

- ☐ pot

Directions

- ☐ Heat oil in heavy large pot over medium-high heat.
- ☐ Add green onions, garlic, thyme, and chile. Sauté until soft, about 2 minutes.
- ☐ Add broth, pumpkin, ham, and okra. Bring to boil; reduce heat to medium and simmer until vegetables are tender, stirring occasionally, about 10 minutes.
- ☐ Add callaloo; cook until wilted and leaves are tender, stirring frequently, about 3 minutes. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:30.67, Glycemic Load:0.72, Inflammation Score:-6, Nutrition Score:8.9078261100728%

Flavonoids

Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg, Quercetin: 7.04mg

Nutrients (% of daily need)

Calories: 158.47kcal (7.92%), Fat: 11.48g (17.66%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 5.46g (1.82%), Net Carbohydrates: 4.17g (1.52%), Sugar: 1.05g (1.17%), Cholesterol: 18.14mg (6.05%), Sodium: 510.76mg (22.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.3g (20.59%), Vitamin K: 42.95µg (40.9%), Vitamin E: 3.9mg (25.98%), Phosphorus: 158.75mg (15.88%), Vitamin C: 10.66mg (12.92%), Vitamin B3: 2.51mg (12.57%), Manganese: 0.24mg (12.24%), Copper: 0.22mg (10.85%), Potassium: 365.07mg (10.43%), Magnesium: 31.58mg (7.9%), Vitamin A: 361.11IU (7.22%), Zinc: 1.07mg (7.12%), Iron: 1.28mg (7.1%), Folate: 25.96µg (6.49%), Fiber: 1.29g (5.16%), Vitamin B6: 0.1mg (4.84%), Vitamin B2: 0.08mg (4.6%), Calcium: 45.17mg (4.52%), Vitamin B1: 0.06mg (4.12%), Vitamin B12: 0.16µg (2.62%)