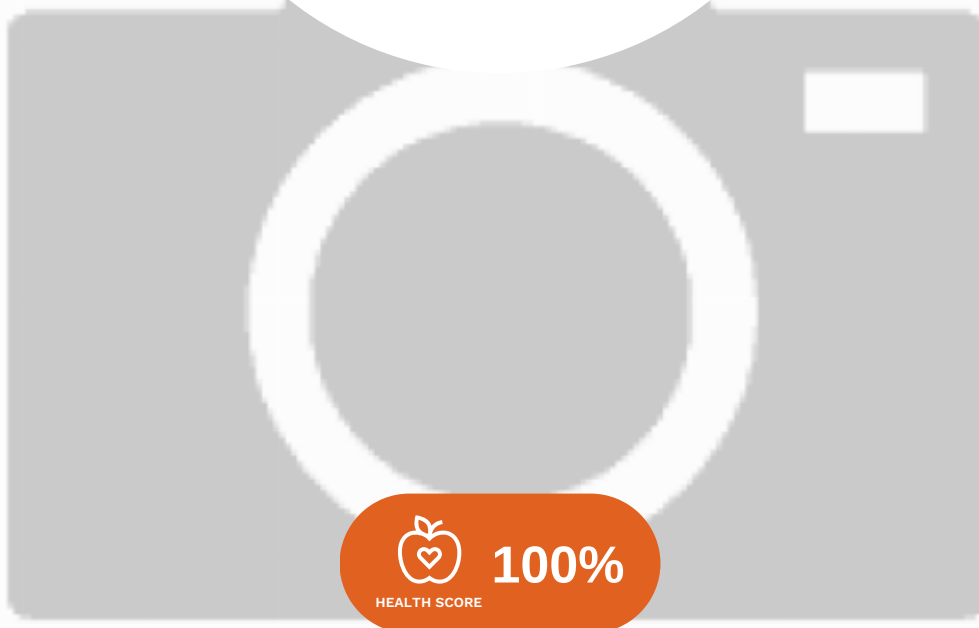




Chestnut, Lentils and Vegetable Stew



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



100 min.

SERVINGS



8

CALORIES



372 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



15 ounce brown lentils canned



15 ounce canned tomatoes undrained canned



4 carrots peeled sliced



3 rib celery chopped



14 ounce honey french canned



5 cloves garlic minced



1 pinch salt and ground pepper black to taste



3 tablespoons olive oil

- ☐ 0.5 onion finely chopped
- ☐ 32 fluid ounce vegetable broth
- ☐ 2 cups water

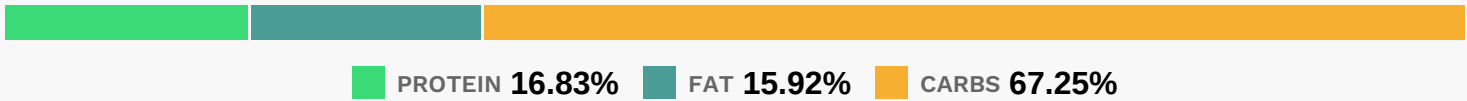
Equipment

- ☐ pot

Directions

- ☐ Pour the olive oil into a large, deep pot set over medium-high heat. Stir in the onion and garlic; cook until transparent, about 5 minutes.
- ☐ Add the celery, carrots, vegetable broth, and water; cook for 10 to 15 minutes. Reduce heat to medium, pour in the tomatoes, and cook 10 to 15 minutes more. Reduce heat to low, and mix in the lentils and chestnuts; cook for 1 hour until the chestnuts soften.
- ☐ Pour in more water to thin the stew, if desired. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:41.18, Glycemic Load:18.76, Inflammation Score:-10, Nutrition Score:28.286086953205%

Flavonoids

Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg, Isorhamnetin: 0.34mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg, Quercetin: 1.49mg Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg, Gallocatechin: 0.08mg

Nutrients (% of daily need)

Calories: 372.34kcal (18.62%), Fat: 6.67g (10.27%), Saturated Fat: 0.96g (6%), Carbohydrates: 63.44g (21.15%), Net Carbohydrates: 45.2g (16.44%), Sugar: 6.18g (6.87%), Cholesterol: 0mg (0%), Sodium: 572.47mg (24.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.88g (31.75%), Vitamin A: 5497.24IU (109.94%), Folate: 297.59µg (74.4%), Fiber: 18.24g (72.97%), Manganese: 1.06mg (52.84%), Vitamin B1: 0.6mg (40.17%), Vitamin C: 30.08mg (36.46%), Vitamin B6: 0.62mg (30.77%), Copper: 0.61mg (30.62%), Iron: 5.33mg (29.64%), Potassium: 1019.85mg

(29.14%), Phosphorus: 291.24mg (29.12%), Magnesium: 95.83mg (23.96%), Zinc: 3.04mg (20.27%), Vitamin B5: 1.63mg (16.25%), Vitamin B3: 2.9mg (14.52%), Vitamin E: 1.89mg (12.57%), Vitamin K: 12.85µg (12.24%), Vitamin B2: 0.17mg (9.98%), Calcium: 74.34mg (7.43%), Selenium: 5.06µg (7.23%)