



HEALTH SCORE

94%

Curried Lentil and Vegetable Stew



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



55 min.

SERVINGS



6

CALORIES



995 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 tablespoons olive oil



1 cup onion chopped



1 tablespoon curry powder



1.5 cups chicken broth



36 oz lentils canned



0.5 cup apple juice



3 cups rum peeled



1 cup edamame soybeans sweet green frozen shelled ()

☐ 2 tablespoons frangelico gluten free

Equipment

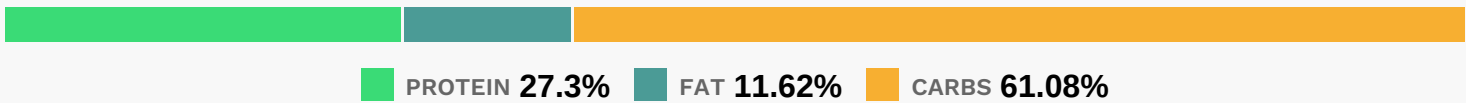
☐ sauce pan

☐ whisk

Directions

- ☐ In 4-quart saucepan, heat oil over medium heat.
- ☐ Add onion and curry powder; cook 2 minutes, stirring occasionally.
- ☐ Gradually whisk Bisquick into broth until well blended. Stir broth mixture, soup, apple juice, sweet potatoes and soybeans into saucepan.
- ☐ Heat to boiling, stirring occasionally. Reduce heat to low; cover and simmer 15 to 20 minutes, stirring occasionally, until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:21.36, Glycemic Load:14.05, Inflammation Score:-10, Nutrition Score:44.11695656893%

Flavonoids

Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg, Catechin: 0.85mg Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg, Epicatechin: 0.97mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg, Quercetin: 5.53mg Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg, Gallocatechin: 0.24mg

Nutrients (% of daily need)

Calories: 995.44kcal (49.77%), Fat: 9.36g (14.39%), Saturated Fat: 1.33g (8.29%), Carbohydrates: 110.71g (36.9%), Net Carbohydrates: 56.28g (20.47%), Sugar: 7.71g (8.57%), Cholesterol: 1.17mg (0.39%), Sodium: 299.82mg (13.04%), Alcohol: 40.08g (100%), Alcohol %: 11.8% (100%), Protein: 49.47g (98.94%), Fiber: 54.43g (217.71%), Folate: 836.85µg (209.21%), Manganese: 2.64mg (131.99%), Vitamin B1: 1.57mg (104.54%), Phosphorus: 857.19mg (85.72%), Iron: 14.79mg (82.17%), Magnesium: 239mg (59.75%), Zinc: 8.64mg (57.6%), Potassium: 1860.32mg (53.15%),

Copper: 1.05mg (52.73%), Vitamin B6: 1.03mg (51.7%), Vitamin B5: 3.74mg (37.4%), Vitamin B2: 0.49mg (29.03%),
Selenium: 16.77µg (23.96%), Vitamin B3: 4.77mg (23.85%), Vitamin K: 17.92µg (17.07%), Calcium: 139.46mg (13.95%),
Vitamin C: 10.24mg (12.42%), Vitamin E: 1.86mg (12.38%), Vitamin A: 80.69IU (1.61%)