



HEALTH SCORE

93%

Curried Red Lentil and Swiss Chard Stew with Garbanzo Beans



Vegetarian



Gluten Free



Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



370 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce garbanzo beans drained canned (chickpeas)
- ☐ 0.3 teaspoon ground pepper
- ☐ 5 teaspoons curry powder
- ☐ 2 tablespoons olive oil
- ☐ 1 large onion thinly sliced
- ☐ 6 servings yogurt plain
- ☐ 2.3 cups lentils red

- ☐ 42 ounce vegetable stock canned
- ☐ 1 large swiss chard

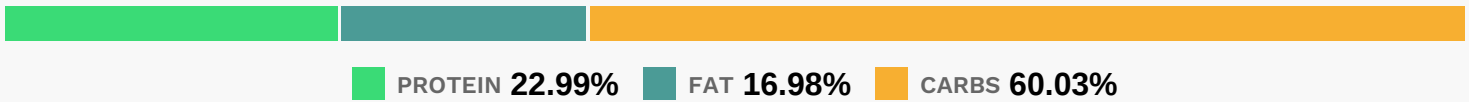
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat oil in heavy large saucepan over medium-high heat.
- ☐ Add onion; sauté until golden, about 13 minutes.
- ☐ Mix in curry and cayenne.
- ☐ Add broth and chard. Increase heat; bring to boil.
- ☐ Add lentils and garbanzos; reduce heat to medium.
- ☐ Cover; simmer until lentils are tender, stirring twice, about 10 minutes. Divide stew among bowls. Top with yogurt.

Nutrition Facts



Properties

Glycemic Index:37.49, Glycemic Load:9.26, Inflammation Score:-9, Nutrition Score:30.105652241846%

Flavonoids

Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg, Catechin: 0.36mg 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: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg, Kaempferol: 0.63mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg, Quercetin: 5.25mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 369.63kcal (18.48%), Fat: 7.08g (10.9%), Saturated Fat: 0.97g (6.05%), Carbohydrates: 56.35g (18.78%), Net Carbohydrates: 31.52g (11.46%), Sugar: 4.31g (4.78%), Cholesterol: 0.13mg (0.04%), Sodium: 1014.35mg (44.1%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.58g (43.15%), Fiber: 24.83g (99.34%), Folate: 349.64µg

(87.41%), Manganese: 1.61mg (80.61%), Vitamin K: 74.42µg (70.87%), Vitamin B1: 0.63mg (42.1%), Vitamin B6: 0.76mg (37.96%), Phosphorus: 379.06mg (37.91%), Iron: 6.68mg (37.13%), Magnesium: 114.95mg (28.74%), Zinc: 3.86mg (25.75%), Copper: 0.5mg (24.84%), Potassium: 842.49mg (24.07%), Vitamin A: 1001.53IU (20.03%), Vitamin B5: 1.7mg (17.05%), Selenium: 7.53µg (10.76%), Vitamin E: 1.55mg (10.34%), Vitamin B2: 0.17mg (10.23%), Vitamin B3: 1.98mg (9.89%), Vitamin C: 7.55mg (9.15%), Calcium: 81.78mg (8.18%)