



## Drunken Winter Stew

 Vegetarian  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



284 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 12 fluid ounce beer canned
- 0.5 medium head cabbage sliced
- 15 ounce kidney beans drained and rinsed canned
- 0.3 tablespoon garlic powder
- 4 servings ground pepper black to taste
- 1 tablespoon mustard dijon-style prepared
- 0.3 cup onion chopped
- 3 potatoes cubed peeled

4 servings salt to taste

3 cups water

## Equipment

## Directions

Bring potatoes, onions, and water to a boil, lower heat to simmer.

Add cabbage and mustard. Slowly add about 1/2 the beer (it will foam up a bit). Cover loosely.

Let simmer 15 minutes, stirring occasionally.

Add the beans, spices, and more/all of the beer to taste.

Remove lid, let simmer another 10 minutes or until potatoes are tender.

Add water if necessary. Re-spice if needed before serving.

## Nutrition Facts



**PROTEIN 16.24%** **FAT 2.6%** **CARBS 81.16%**

## Properties

Glycemic Index:79.06, Glycemic Load:28.87, Inflammation Score:-8, Nutrition Score:23.589565062005%

## Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 2.27mg, Kaempferol: 2.27mg, Kaempferol: 2.27mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg, Quercetin: 3.48mg Galliccatechin: 0.07mg, Galliccatechin: 0.07mg, Galliccatechin: 0.07mg

## Nutrients (% of daily need)

Calories: 283.83kcal (14.19%), Fat: 0.78g (1.21%), Saturated Fat: 0.17g (1.09%), Carbohydrates: 54.97g (18.32%), Net Carbohydrates: 42.58g (15.48%), Sugar: 7.33g (8.15%), Cholesterol: 0mg (0%), Sodium: 550.35mg (23.93%), Alcohol: 3.46g (100%), Alcohol %: 0.66% (100%), Protein: 11g (22%), Vitamin C: 74.62mg (90.45%), Vitamin K: 93.92µg (89.44%), Fiber: 12.39g (49.55%), Manganese: 0.79mg (39.46%), Vitamin B6: 0.76mg (38.05%), Potassium: 1193.42mg (34.1%), Folate: 109.74µg (27.44%), Phosphorus: 254.85mg (25.49%), Magnesium: 92.71mg (23.18%), Vitamin B1: 0.33mg (21.88%), Copper: 0.39mg (19.7%), Iron: 3.25mg (18.04%), Vitamin B3: 2.97mg (14.84%), Vitamin

B2: 0.2mg (11.53%), Calcium: 109.89mg (10.99%), Zinc: 1.41mg (9.41%), Vitamin B5: 0.92mg (9.17%), Selenium: 3.97µg (5.67%), Vitamin A: 117.83IU (2.36%), Vitamin E: 0.23mg (1.51%)