



Garden Paprikash

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



164 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 cup baking potato sliced cut into (1/4-inch) slices
- 2 cups cabbage chopped
- 1 teaspoon caraway seed
- 0.5 cup carrots sliced
- 0.3 teaspoon pepper red crushed
- 2 garlic cloves minced
- 0.5 cup bell pepper green sliced
- 1 tablespoon hungarian paprika sweet

- 1.5 teaspoons lemon rind grated
- 2 teaspoons soya sauce low-sodium
- 1 cup onion chopped
- 0.5 cup bell pepper red sliced
- 2 cups soy milk plain
- 1 cup no-salt-added tomato juice
- 2 teaspoons vegetable oil

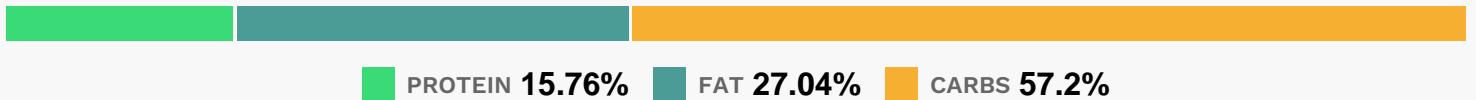
Equipment

- sauce pan

Directions

- Heat oil in a large saucepan over medium heat.
- Add cabbage and next 10 ingredients (cabbage through red pepper); saut 3 minutes.
- Add remaining ingredients; bring to a boil. Reduce heat; simmer, uncovered, 10 minutes or until tender and mixture begins to thicken.
- Serve with noodles.

Nutrition Facts



Properties

Glycemic Index:88.58, Glycemic Load:9.58, Inflammation Score:-10, Nutrition Score:24.260869751806%

Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg, Luteolin: 1.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg, Quercetin: 9.46mg

Nutrients (% of daily need)

Calories: 163.79kcal (8.19%), Fat: 5.19g (7.99%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 19.84g (7.21%), Sugar: 10.44g (11.6%), Cholesterol: 0mg (0%), Sodium: 180.82mg (7.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.62%), Vitamin A: 4998.94IU (99.98%), Vitamin C: 78.84mg (95.56%), Vitamin B6: 0.75mg (37.35%), Vitamin K: 38.94µg (37.08%), Vitamin E: 4.47mg (29.79%), Vitamin B3: 5.49mg (27.45%), Folate: 93.46µg (23.37%), Calcium: 220.13mg (22.01%), Potassium: 767.97mg (21.94%), Vitamin B12: 1.27µg (21.24%), Vitamin B2: 0.35mg (20.82%), Fiber: 4.89g (19.54%), Manganese: 0.35mg (17.38%), Copper: 0.29mg (14.52%), Vitamin B1: 0.22mg (14.39%), Iron: 2.14mg (11.89%), Vitamin D: 1.42µg (9.44%), Magnesium: 36.33mg (9.08%), Phosphorus: 81.67mg (8.17%), Zinc: 0.87mg (5.81%), Vitamin B5: 0.57mg (5.74%), Selenium: 3.81µg (5.45%)