



Garden Vegetable Stew

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



12

CALORIES



196 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup butter
- 1.5 cups onion chopped
- 2 cups carrots thinly sliced
- 56 ounces vegetable stock canned
- 1.3 cups rice long-grain uncooked
- 2 cups corn whole frozen
- 2 tablespoons basil dried fresh chopped
- 2 teaspoons thyme sprigs dried fresh chopped

- 0.5 teaspoon pepper
- 8 baby potatoes cut into fourths
- 2 large bell pepper cut into 2x1/2-inch strips
- 4 cups zucchini thinly sliced

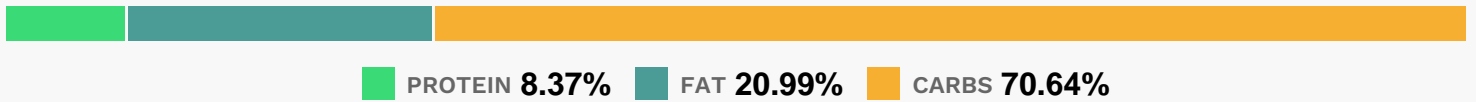
Equipment

- dutch oven

Directions

- Melt butter in 6-quart Dutch oven over medium heat. Cook onions and carrots in butter, stirring occasionally, until onions are tender.
- Stir in broth and rice.
- Heat to boiling; reduce heat. Cover and simmer 20 minutes.
- Stir in remaining ingredients. Cover and simmer 10 to 15 minutes or until vegetables are tender.

Nutrition Facts



Properties

Glycemic Index:32.31, Glycemic Load:17.02, Inflammation Score:-10, Nutrition Score:15.197391160804%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

Nutrients (% of daily need)

Calories: 195.87kcal (9.79%), Fat: 4.65g (7.16%), Saturated Fat: 0.97g (6.09%), Carbohydrates: 35.25g (11.75%), Net Carbohydrates: 31.91g (11.6%), Sugar: 5.49g (6.1%), Cholesterol: 0mg (0%), Sodium: 638.28mg (27.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.18g (8.35%), Vitamin A: 4975.77IU (99.52%), Vitamin C: 53.45mg (64.79%), Manganese: 0.54mg (26.83%), Vitamin B6: 0.35mg (17.75%), Vitamin K: 18.31µg (17.44%), Potassium: 495.49mg

(14.16%), Fiber: 3.33g (13.33%), Folate: 47.49µg (11.87%), Phosphorus: 94.65mg (9.46%), Magnesium: 37.31mg (9.33%), Iron: 1.55mg (8.62%), Vitamin B3: 1.65mg (8.23%), Copper: 0.15mg (7.71%), Vitamin B1: 0.11mg (7.06%), Vitamin B2: 0.12mg (6.89%), Vitamin B5: 0.58mg (5.85%), Vitamin E: 0.87mg (5.81%), Selenium: 3.47µg (4.96%), Zinc: 0.74mg (4.95%), Calcium: 48.97mg (4.9%)