



Greek Potato Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



55 min.

SERVINGS



6

CALORIES



284 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cloves garlic minced
- 0.8 cup kalamata olives whole pitted
- 0.3 cup olive oil
- 1 teaspoon oregano dried
- 2.5 pounds potatoes cubed peeled
- 6 servings salt and pepper to taste
- 1.3 cups tomatoes chopped

Equipment

frying pan

Directions

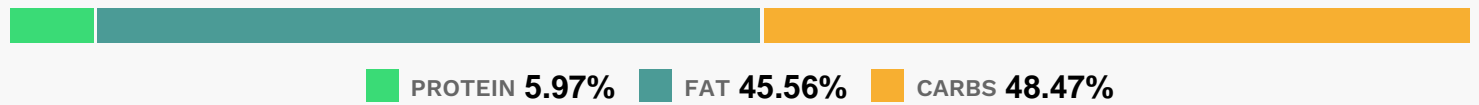
In a large saute pan, heat the oil over medium heat.

Add the potatoes and stir. Stir in the garlic.

Add the olives and cook and stir for several minutes. Stir in the tomatoes, and oregano.

Reduce heat, cover and simmer for 30 minutes or until potatoes are tender. Season to taste with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:26.13, Glycemic Load:24.61, Inflammation Score:-7, Nutrition Score:12.3526088888046%

Flavonoids

Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg, Naringenin: 0.23mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg, Kaempferol: 1.54mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 284.41kcal (14.22%), Fat: 14.84g (22.83%), Saturated Fat: 2.06g (12.89%), Carbohydrates: 35.51g (11.84%), Net Carbohydrates: 30.24g (11%), Sugar: 2.46g (2.73%), Cholesterol: 0mg (0%), Sodium: 470.53mg (20.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.38g (8.75%), Vitamin C: 42.09mg (51.02%), Vitamin B6: 0.61mg (30.26%), Potassium: 889.61mg (25.42%), Fiber: 5.27g (21.1%), Manganese: 0.36mg (18.04%), Vitamin E: 2.63mg (17.54%), Vitamin K: 15.76µg (15.01%), Magnesium: 50.12mg (12.53%), Copper: 0.25mg (12.46%), Phosphorus: 118.37mg (11.84%), Vitamin B1: 0.17mg (11.31%), Vitamin B3: 2.25mg (11.26%), Iron: 1.85mg (10.3%), Folate: 36.53µg (9.13%), Vitamin A: 351.67IU (7.03%), Vitamin B5: 0.6mg (6.02%), Zinc: 0.63mg (4.21%), Calcium: 42.14mg (4.21%), Vitamin B2: 0.07mg (4.17%), Selenium: 0.88µg (1.25%)