



52%  
HEALTH SCORE

## Harvest-Vegetable Ragout

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



267 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 2 bay leaves
- 0.5 teaspoon pepper black
- 3 cups butternut squash diced peeled
- 19 ounce garbanzo beans drained canned (garbanzo beans)
- 1.5 cups carrots 1-inch-thick sliced ( )
- 1 cup celery sliced ( )
- 1 cup wine dry red
- 1 tablespoon flour all-purpose

- 0.3 cup parsley fresh chopped
- 10 garlic clove halved
- 2 cups leek sliced ()
- 5 teaspoons olive oil divided
- 1.5 cups parsnips sliced ()
- 6 portabello mushrooms
- 0.8 teaspoon salt divided
- 2 thyme sprigs
- 1 tablespoon tomato paste
- 0.5 cup vegetable stock

## Equipment

- frying pan
- dutch oven

## Directions

- Heat 1 tablespoon oil in a Dutch oven over medium-high heat.
- Combine squash and next 5 ingredients (squash through garlic), and saut for 8 minutes or until lightly browned, stirring frequently.
- Add bay leaves and 2 thyme sprigs, and stir in tomato paste. Stir in flour and wine, reduce heat to medium-low, and cook for 5 minutes. Stir in the broth and chickpeas. Cover and simmer 20 minutes or until vegetables are tender. Stir in 1/2 teaspoon salt, pepper, and chopped parsley. Discard bay leaves and thyme.
- Discard mushroom stems; slice caps.
- Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat.
- Add sliced mushrooms, and cook 5 minutes, stirring constantly.
- Sprinkle with 1/4 teaspoon salt.
- Serve ragout over mushrooms.
- Garnish with additional thyme sprigs, if desired.

## Nutrition Facts

PROTEIN 13.82% FAT 20.47% CARBS 65.71%

## Properties

Glycemic Index:84.53, Glycemic Load:9.33, Inflammation Score:-10, Nutrition Score:29.128260563249%

## Flavonoids

Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg, Petunidin: 1.33mg Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg, Delphinidin: 1.67mg Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg, Malvidin: 10.5mg Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg, Peonidin: 0.74mg Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg, Catechin: 3.08mg Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg, Epicatechin: 4.26mg Apigenin: 5.88mg, Apigenin: 5.88mg, Apigenin: 5.88mg, Apigenin: 5.88mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg, Myricetin: 0.64mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

## Nutrients (% of daily need)

Calories: 267.08kcal (13.35%), Fat: 5.83g (8.96%), Saturated Fat: 0.77g (4.82%), Carbohydrates: 42.08g (14.03%), Net Carbohydrates: 31.88g (11.59%), Sugar: 8.7g (9.67%), Cholesterol: 0mg (0%), Sodium: 697.23mg (30.31%), Alcohol: 4.2g (100%), Protein: 8.85g (17.7%), Vitamin A: 13682.75IU (273.66%), Manganese: 1.46mg (73.02%), Vitamin K: 75.02µg (71.45%), Vitamin B6: 0.89mg (44.26%), Fiber: 10.2g (40.8%), Vitamin C: 32.43mg (39.31%), Folate: 125.06µg (31.27%), Potassium: 1072.48mg (30.64%), Selenium: 20.05µg (28.64%), Vitamin B3: 5.68mg (28.42%), Copper: 0.56mg (27.92%), Phosphorus: 248.19mg (24.82%), Vitamin B5: 1.93mg (19.29%), Magnesium: 76.44mg (19.11%), Iron: 3.29mg (18.28%), Vitamin E: 2.67mg (17.8%), Vitamin B1: 0.24mg (16.3%), Calcium: 130.53mg (13.05%), Vitamin B2: 0.21mg (12.39%), Zinc: 1.62mg (10.8%), Vitamin D: 0.25µg (1.68%)