



Indian Peanut Stew



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



523 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups brown rice uncooked
- ☐ 28 ounce canned tomatoes diced with juice canned
- ☐ 0.1 teaspoon cayenne pepper
- ☐ 3 tablespoons ginger root fresh grated
- ☐ 4 cloves garlic minced
- ☐ 1 tablespoon olive oil
- ☐ 1 cup chunky natural peanut butter
- ☐ 6 cups water

☐ 1 large onion white chopped

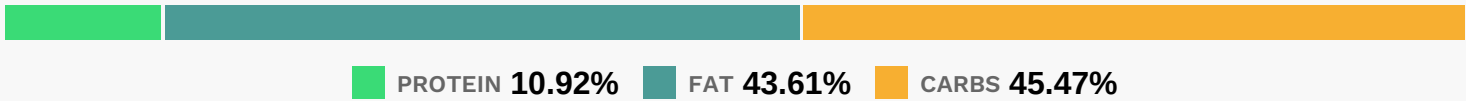
Equipment

☐ sauce pan

Directions

- ☐ Place rice and water in a large saucepan and bring to a boil. Cover, and reduce heat to low. Simmer until rice is tender and water has absorbed, about 30 minutes.
- ☐ Heat olive oil in a large saucepan over medium-low heat.
- ☐ Add onion, and cook until soft and golden, stirring frequently.
- ☐ Add garlic and ginger, and cook until fragrant, about 5 minutes. Stir in tomatoes, and season with cayenne pepper. Increase heat to medium, and bring to a gentle simmer. Stir in peanut butter and heat through. The mixture will thicken.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:27.13, Glycemic Load:27.86, Inflammation Score:-8, Nutrition Score:18.607391243396%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg, Quercetin: 5.11mg

Nutrients (% of daily need)

Calories: 522.95kcal (26.15%), Fat: 26.2g (40.31%), Saturated Fat: 5.11g (31.95%), Carbohydrates: 61.47g (20.49%), Net Carbohydrates: 56.62g (20.59%), Sugar: 5.66g (6.29%), Cholesterol: 0mg (0%), Sodium: 23.53mg (1.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.77g (29.53%), Manganese: 3.08mg (153.77%), Magnesium: 169.74mg (42.44%), Vitamin B3: 8.43mg (42.17%), Phosphorus: 322.87mg (32.29%), Vitamin B6: 0.57mg (28.67%), Vitamin E: 4.28mg (28.51%), Vitamin B1: 0.34mg (22.84%), Copper: 0.42mg (20.93%), Fiber: 4.85g (19.41%), Zinc: 2.46mg (16.41%), Vitamin B5: 1.45mg (14.51%), Folate: 55.32µg (13.83%), Potassium: 469.58mg (13.42%), Iron: 2.01mg (11.18%), Vitamin B2: 0.12mg (7.08%), Calcium: 59.08mg (5.91%), Vitamin C: 2.68mg (3.25%), Selenium: 2.2µg

(3.14%), Vitamin K: 1.7µg (1.62%)