



Irish White Bean and Cabbage Stew

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 bay leaves
- 0.5 teaspoon pepper black freshly ground
- 0.5 head cabbage chopped
- 14.5 ounce canned tomatoes diced canned
- 0.5 teaspoon caraway seeds
- 4 carrots sliced
- 3 ribs celery chopped
- 2 cloves garlic minced

- 2 cans cannellini beans cooked drained
- 1 large onion chopped
- 1 tablespoon parsley chopped
- 0.3 cup quick-cooking barley (gluten-free with grain)
- 1 pounds potatoes cut in large dice
- 0.5 teaspoon rosemary crushed
- 6 servings salt to taste
- 1 teaspoon thyme leaves
- 6 cups vegetable stock

Equipment

- pot
- slow cooker

Directions

- Place the vegetables, seasonings, and barley into a large (at least 5 quart) slow cooker.
- Add enough vegetable broth to just cover the vegetables (start with 6 cups and add more as needed). Cover and cook on low heat for 7 hours.
- Place vegetables, seasonings, barley, and broth into a large stockpot. Cover and simmer until vegetables are tender, about 45 minutes.
- Add remaining ingredients, check seasonings, and add more herbs if necessary. Simmer uncovered for at least 15 minutes before serving.

Nutrition Facts



PROTEIN 11.62% **FAT 3.08%** **CARBS 85.3%**

Properties

Glycemic Index:87.6, Glycemic Load:15.56, Inflammation Score:-10, Nutrition Score:22.986956741499%

Flavonoids

Apigenin: 2.08mg, Apigenin: 2.08mg, Apigenin: 2.08mg, Apigenin: 2.08mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg, Myricetin: 0.14mg Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg, Quercetin: 6mg

Nutrients (% of daily need)

Calories: 182.9kcal (9.14%), Fat: 0.67g (1.03%), Saturated Fat: 0.14g (0.87%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 33.09g (12.03%), Sugar: 11.39g (12.65%), Cholesterol: 0mg (0%), Sodium: 1289.09mg (56.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.69g (11.39%), Vitamin A: 7684.93IU (153.7%), Vitamin K: 85.37µg (81.3%), Vitamin C: 55.54mg (67.33%), Fiber: 8.7g (34.8%), Manganese: 0.67mg (33.53%), Vitamin B6: 0.57mg (28.27%), Potassium: 913.1mg (26.09%), Folate: 77.41µg (19.35%), Copper: 0.31mg (15.69%), Magnesium: 60.57mg (15.14%), Vitamin B1: 0.23mg (15.06%), Vitamin B3: 2.85mg (14.24%), Phosphorus: 139.58mg (13.96%), Iron: 2.51mg (13.92%), Calcium: 99.58mg (9.96%), Vitamin E: 1.32mg (8.79%), Vitamin B2: 0.15mg (8.77%), Vitamin B5: 0.81mg (8.1%), Selenium: 5.49µg (7.84%), Zinc: 0.98mg (6.56%)