




 **66%**
HEALTH SCORE

Italian Vegetable Stew


 Vegetarian  Gluten Free  Very Healthy

READY IN




45 min.

SERVINGS



6

CALORIES



211 kcal

LUNCH MAIN COURSE MAIN DISH DINNER

Ingredients

- 16 ounce kidney beans drained canned
- 14.5 ounce canned tomatoes diced undrained canned
- 0.3 teaspoon pepper red crushed
- 0.3 cup parsley fresh chopped
- 4 garlic cloves minced
- 14.5 ounce italian-cut green beans drained canned
- 1 cup bell pepper green chopped
- 1 teaspoon penzey's southwest seasoning dried italian

- 10.5 ounce low-salt chicken broth canned
- 8 ounce pre mushrooms
- 1 tablespoon olive oil
- 1 cup onion chopped
- 3 ounces preshredded part-skim mozzarella cheese
- 8 ounce no-salt-added tomato sauce canned
- 1 cup zucchini thinly sliced

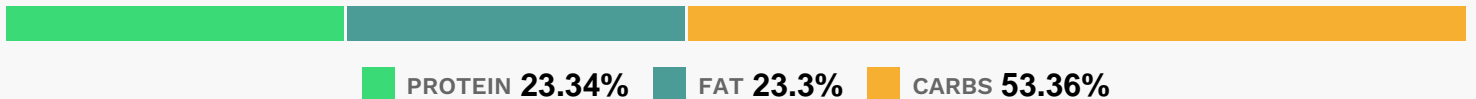
Equipment

- bowl
- ladle
- dutch oven

Directions

- Heat oil in a large Dutch oven over medium-high heat.
- Add onion, bell pepper, and garlic; saut 5 minutes or until tender.
- Add zucchini and next 6 ingredients (zucchini through tomato sauce); bring to a boil. Cover, reduce heat, and simmer 30 minutes.
- Add kidney beans, green beans, and parsley; simmer, uncovered, 5 minutes or until thoroughly heated. Ladle into 6 bowls; sprinkle with cheese.
- Garnish with fresh thyme, if desired.

Nutrition Facts



Properties

Glycemic Index:55.33, Glycemic Load:8.32, Inflammation Score:-8, Nutrition Score:23.801304425882%

Flavonoids

Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg, Luteolin: 1.29mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin:

1.34mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg, Quercetin: 8.01mg

Nutrients (% of daily need)

Calories: 210.5kcal (10.52%), Fat: 5.94g (9.13%), Saturated Fat: 2.05g (12.82%), Carbohydrates: 30.59g (10.2%), Net Carbohydrates: 21.1g (7.67%), Sugar: 11.27g (12.52%), Cholesterol: 9.07mg (3.02%), Sodium: 578.46mg (25.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.38g (26.75%), Vitamin K: 84.91µg (80.86%), Vitamin C: 48.3mg (58.55%), Fiber: 9.48g (37.92%), Manganese: 0.71mg (35.49%), Potassium: 992.94mg (28.37%), Phosphorus: 277.13mg (27.71%), Copper: 0.53mg (26.33%), Vitamin B2: 0.43mg (25.45%), Vitamin B6: 0.5mg (25.23%), Vitamin A: 1226.79IU (24.54%), Vitamin B3: 4.46mg (22.31%), Calcium: 214.44mg (21.44%), Iron: 3.78mg (21.03%), Folate: 79.46µg (19.86%), Magnesium: 77.98mg (19.5%), Vitamin B1: 0.27mg (18.17%), Vitamin E: 2.29mg (15.28%), Vitamin B5: 1.26mg (12.62%), Zinc: 1.74mg (11.63%), Selenium: 7.93µg (11.33%), Vitamin B12: 0.18µg (3.02%)