



 **91%**  
HEALTH SCORE

## Italian Vegetable Stew (Ciambotta)

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



183 kcal

SOUP

ANTIPASTI

STARTER

SNACK

### Ingredients

- 28 frangelico fresh whole drained chopped canned
- 3 carrots halved lengthwise cut into 1/4-inch-thick slices
- 2 celery stalks halved lengthwise cut into 1/4-inch-thick slices
- 1.3 pounds eggplant cut into 1-inch pieces
- 4 garlic clove finely chopped
- 0.8 pound green beans trimmed cut into 2-inch pieces
- 0.3 cup olive oil
- 2 medium onion chopped

- 0.8 pound potato boiling peeled cut into 1-inch pieces ( 2 medium)
- 2 bell pepper red cut into 3/4-inch pieces
- 0.5 cup water
- 1.3 pounds zucchini halved lengthwise cut into 1/4-inch-thick slices

## Equipment

- bowl
- sauce pan
- pot
- slotted spoon

## Directions

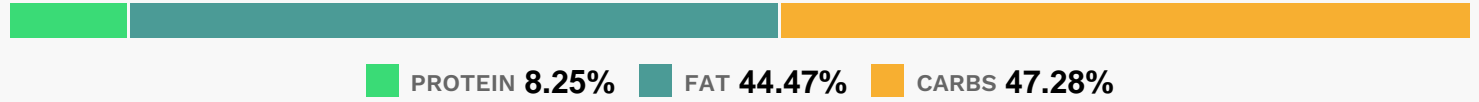
- Heat oil in a 7-to 8-quart heavy pot over medium-high heat until it shimmers.
- Add onions, celery, carrots, and garlic and cook, stirring occasionally, until pale golden, about 10 minutes.
- Add eggplant and water and cook, covered, stirring occasionally, until eggplant is slightly softened, about 10 minutes.
- Stir in tomatoes with juice and bell peppers, then reduce heat to low and cook, uncovered, stirring occasionally, 15 minutes.
- Meanwhile, cook green beans in a 3- to 4-quart saucepan of well-salted boiling water until crisp-tender, about 5 minutes.
- Transfer with a slotted spoon to a large bowl.
- Add zucchini to boiling water and cook until crisp-tender, about 5 minutes.
- Transfer with slotted spoon to bowl with green beans.
- Add potatoes to boiling water and cook until just tender, about 10 minutes.
- Drain and add to beans and zucchini.
- Add boiled vegetables to stew and simmer, stirring, until all vegetables are very soft, about 15 minutes. Season with 1 1/2 teaspoons salt and 1/2 teaspoon pepper.
- Stew can be made up to 1 week ahead and chilled (covered once cool).

Per serving: Calories 269, Total fat 13 g, Saturated Fat 2 g, Cholesterol 0 mg, Sodium 822 mg, Carbohydrate 37 g, Fiber 11 g, Protein 6 g

Nutrition Data

See Nutrition Data's complete analysis of this recipe ›

## Nutrition Facts



### Properties

Glycemic Index:32.35, Glycemic Load:3.48, Inflammation Score:-10, Nutrition Score:19.454347703768%

### Flavonoids

Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg, Delphinidin: 60.73mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg, Quercetin: 7.66mg

### Nutrients (% of daily need)

Calories: 182.77kcal (9.14%), Fat: 9.69g (14.91%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 23.18g (7.73%), Net Carbohydrates: 16.69g (6.07%), Sugar: 9.74g (10.82%), Cholesterol: 0mg (0%), Sodium: 37.34mg (1.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.05g (8.09%), Vitamin A: 5212.59IU (104.25%), Vitamin C: 65.05mg (78.85%), Vitamin K: 35.37µg (33.69%), Manganese: 0.57mg (28.47%), Fiber: 6.49g (25.95%), Vitamin B6: 0.48mg (23.89%), Potassium: 815.32mg (23.29%), Folate: 77.95µg (19.49%), Vitamin E: 2.4mg (16.02%), Magnesium: 52.36mg (13.09%), Vitamin B1: 0.18mg (11.72%), Vitamin B2: 0.2mg (11.67%), Phosphorus: 112.29mg (11.23%), Copper: 0.21mg (10.73%), Vitamin B3: 2.14mg (10.71%), Iron: 1.51mg (8.37%), Vitamin B5: 0.76mg (7.6%), Calcium: 57.31mg (5.73%), Zinc: 0.78mg (5.19%), Selenium: 1.23µg (1.76%)