



HEALTH SCORE

100%

Lentil Stew with Sausage and Potatoes



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



922 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 bay leaf
- 2 cups brown lentils picked over rinsed
- 1 teaspoon curry powder
- 0.5 cup feta cheese crumbled
- 4 large garlic cloves minced
- 1 tablespoon juice of lemon fresh
- 4 tablespoons olive oil
- 10 small red-skinned potatoes quartered

- 0.5 pound turkey kielbasa diced
- 4 cups vegetable broth low-sodium
- 1 small bunch watercress leaves

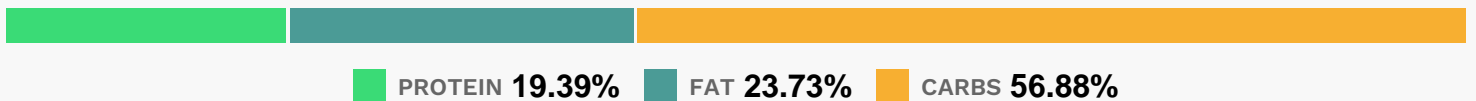
Equipment

- frying pan
- sauce pan

Directions

- Heat 2 tablespoons of the oil in a large, heavy saucepan over medium heat.
- Add garlic and curry powder and cook, stirring, until garlic is fragrant.
- Add broth, bay leaf, and lentils and bring to a boil. Lower heat, cover, and simmer 15 minutes.
- Add potatoes, cover, and cook until potatoes and lentils are tender but not mushy, about 10 to 15 minutes longer.
- While lentils are cooking, place kielbasa in a large nonstick skillet, over medium-high heat. Brown on both sides, set aside, and keep warm.
- Remove tough stems from arugula (or watercress) and coarsely chop. When stew is cooked, toss with remaining 2 tablespoons of oil, lemon juice, and arugula. Season with salt and freshly ground pepper. Top each serving with kielbasa and feta.

Nutrition Facts



Properties

Glycemic Index:29.65, Glycemic Load:7.48, Inflammation Score:-9, Nutrition Score:53.30521769109%

Flavonoids

Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg, Kaempferol: 1.45mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg, Quercetin: 4.7mg

4.7mg, Quercetin: 4.7mg Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg, Gallocatechin: 0.13mg

Nutrients (% of daily need)

Calories: 922.1kcal (46.1%), Fat: 24.71g (38.01%), Saturated Fat: 6.88g (43%), Carbohydrates: 133.26g (44.42%), Net Carbohydrates: 94.96g (34.53%), Sugar: 10.4g (11.56%), Cholesterol: 46.74mg (15.58%), Sodium: 977.79mg (42.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 45.42g (90.83%), Fiber: 38.3g (153.21%), Folate: 549.09µg (137.27%), Manganese: 1.97mg (98.53%), Iron: 16.21mg (90.05%), Phosphorus: 870.7mg (87.07%), Potassium: 3018.38mg (86.24%), Vitamin B1: 1.27mg (84.35%), Vitamin B6: 1.59mg (79.48%), Vitamin C: 63.15mg (76.55%), Magnesium: 231.94mg (57.99%), Copper: 1.16mg (57.76%), Zinc: 7.8mg (52.02%), Vitamin B3: 9.71mg (48.54%), Vitamin K: 42.52µg (40.49%), Selenium: 26.06µg (37.24%), Vitamin B2: 0.6mg (35.5%), Vitamin B5: 3.46mg (34.64%), Calcium: 216.5mg (21.65%), Vitamin E: 2.79mg (18.63%), Vitamin B12: 0.56µg (9.34%), Vitamin A: 434.37IU (8.69%), Vitamin D: 0.19µg (1.26%)