



HEALTH SCORE

100%

Lentil Stew with Winter Vegetables



Vegetarian



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



4

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 bunch baby carrots trimmed scrubbed (5)
- ☐ 1 bunch chioggia beets peeled halved (5) (or 3 large beets,)
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 cup butternut squash cubed ()
- ☐ 1 cup green lentils french
- ☐ 0.5 cup flat-leaf parsley minced
- ☐ 2 sprigs thyme leaves fresh
- ☐ 3 cloves garlic minced

- ☐ 3 ounces aged goat cheese cut into small pieces)
- ☐ 4 cups kale stemmed chopped
- ☐ 2 tablespoons olive oil
- ☐ 1 medium onion chopped
- ☐ 1 teaspoon salt
- ☐ 2 small turnips scrubbed cut into 1/2-in. cubes (1 cup)

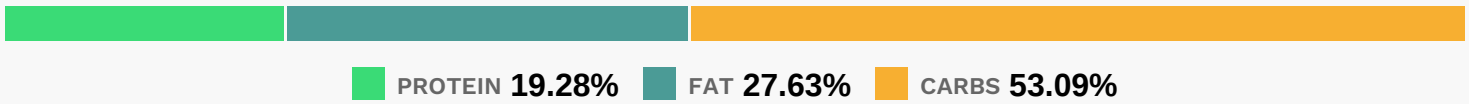
Equipment

- ☐ pot

Directions

- ☐ Heat olive oil in a medium pot over medium-high heat.
- ☐ Add onion and cook until translucent, about 3 minutes.
- ☐ Add garlic, lentils, salt, pepper, thyme, and 4 cups water. Bring to a boil, then reduce heat to medium-low.
- ☐ Add turnips, beets, and squash and simmer gently, stirring occasionally, 20 minutes.
- ☐ Add kale and carrots and cook 10 minutes, or until vegetables are tender and most of the liquid has been absorbed.
- ☐ Remove from heat and stir in parsley and goat cheese.
- ☐ Serve immediately, accompanied by crusty bread.
- ☐ Note: Semifirm aged goat cheese, available at most cheese counters, has an assertive flavor that pairs well with winter greens and root vegetables. Its firmer texture holds up well when heated.

Nutrition Facts



Properties

Glycemic Index:89.9, Glycemic Load:8.14, Inflammation Score:-10, Nutrition Score:38.752608434014%

Flavonoids

Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg, Catechin: 0.17mg Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg, Apigenin: 16.18mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 6.33mg, Isorhamnetin: 6.33mg, Isorhamnetin: 6.33mg, Isorhamnetin: 6.33mg Kaempferol: 10.12mg, Kaempferol: 10.12mg, Kaempferol: 10.12mg, Kaempferol: 10.12mg Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg, Myricetin: 1.16mg Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg, Quercetin: 10.47mg Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg, Gallocatechin: 0.07mg

Nutrients (% of daily need)

Calories: 403.21kcal (20.16%), Fat: 12.73g (19.59%), Saturated Fat: 4.26g (26.61%), Carbohydrates: 55.05g (18.35%), Net Carbohydrates: 32.43g (11.79%), Sugar: 14.09g (15.66%), Cholesterol: 9.78mg (3.26%), Sodium: 837.85mg (36.43%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.99g (39.99%), Vitamin A: 22248.13IU (444.96%), Vitamin K: 223.37µg (212.73%), Folate: 374.96µg (93.74%), Fiber: 22.63g (90.51%), Manganese: 1.4mg (69.81%), Vitamin C: 54.98mg (66.64%), Vitamin B1: 0.58mg (38.8%), Iron: 6.9mg (38.34%), Phosphorus: 375.24mg (37.52%), Potassium: 1283.83mg (36.68%), Copper: 0.66mg (33%), Vitamin B6: 0.65mg (32.72%), Magnesium: 117.86mg (29.47%), Zinc: 3.28mg (21.88%), Vitamin B2: 0.36mg (20.97%), Calcium: 205.69mg (20.57%), Vitamin B5: 2.02mg (20.21%), Vitamin B3: 3.12mg (15.61%), Vitamin E: 2.02mg (13.49%), Selenium: 7.08µg (10.11%)