



Mamma Mia Italian Stew

READY IN



45 min.

SERVINGS



8

CALORIES



333 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 oz tomato sauce italian-style canned
- ☐ 1 eggplant cubed peeled
- ☐ 2 teaspoons garlic minced
- ☐ 1.5 cups green beans sliced
- ☐ 2 pasilla peppers green sliced
- ☐ 1 pound sausage italian hot cooked drained
- ☐ 0.3 cup olive oil
- ☐ 1 cup onion thinly sliced
- ☐ 1 to 2 potatoes cubed peeled

- ☐ 1 teaspoon salt
- ☐ 1 baby squash yellow cubed
- ☐ 1 zucchini cubed

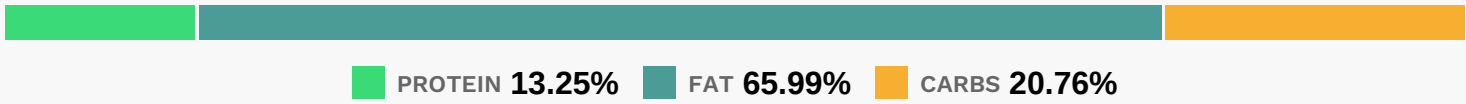
Equipment

- ☐ slow cooker

Directions

- ☐ Combine all ingredients in a 7-quart slow cooker; stir well. Cover and cook on low setting 8 hours or on high setting 4 hours.

Nutrition Facts



Properties

Glycemic Index:43.34, Glycemic Load:6.14, Inflammation Score:-7, Nutrition Score:16.638695592466%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg, Luteolin: 1.44mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg, Quercetin: 5.66mg

Nutrients (% of daily need)

Calories: 332.97kcal (16.65%), Fat: 25.04g (38.53%), Saturated Fat: 7.44g (46.49%), Carbohydrates: 17.73g (5.91%), Net Carbohydrates: 12.69g (4.62%), Sugar: 7.51g (8.35%), Cholesterol: 43.09mg (14.36%), Sodium: 965.5mg (41.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.31g (22.62%), Vitamin C: 48.06mg (58.25%), Vitamin B1: 0.45mg (29.72%), Vitamin B6: 0.57mg (28.56%), Manganese: 0.47mg (23.47%), Potassium: 800.57mg (22.87%), Selenium: 15.06µg (21.52%), Fiber: 5.03g (20.13%), Vitamin K: 21.01µg (20.01%), Vitamin B3: 3.57mg (17.87%), Phosphorus: 163.14mg (16.31%), Vitamin B2: 0.25mg (14.9%), Vitamin E: 2.17mg (14.47%), Folate: 52.76µg (13.19%), Copper: 0.25mg (12.56%), Magnesium: 48.95mg (12.24%), Vitamin A: 594.72IU (11.89%), Iron: 2.1mg (11.69%), Zinc: 1.58mg (10.54%), Vitamin B5: 0.89mg (8.86%), Vitamin B12: 0.52µg (8.6%), Calcium: 50.4mg (5.04%)