



 **83%**
HEALTH SCORE

Mediterranean Vegetable Stew

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



211 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 ounce chickpeas drained and rinsed canned
- 28 ounce canned tomatoes crushed canned
- 1 small eggplant unpeeled cut in 1- to 2-inch chunks
- 1 tablespoon rosemary fresh chopped
- 2 large garlic cloves crushed
- 2 cups bell pepper green coarsely chopped
- 0.5 cup kalamata olives pitted sliced
- 1 cup mushrooms sliced

- 2 tablespoons olive oil divided
- 1 cup parsley coarsely chopped
- 1 cup onion red chopped

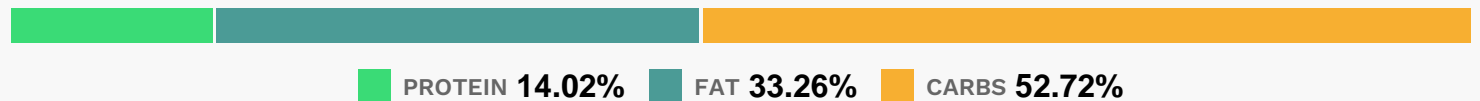
Equipment

- frying pan

Directions

- In a large skillet, heat 1 Tb. oil.
- Saute onion and pepper until soft, about 10 minutes.
- Add 1 Tb. oil, garlic, mushrooms and eggplant. Simmer, stirring occasionally, until eggplant is softened but not mushy, about 15 minutes.
- Add tomatoes, olives, chickpeas and rosemary. Simmer until heated through, about 10 minutes. Stir in parsley.
- Sprinkle feta cheese over stew if desired.

Nutrition Facts



Properties

Glycemic Index:39.89, Glycemic Load:6.97, Inflammation Score:-9, Nutrition Score:25.185217538606%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 2.53mg, Luteolin: 2.53mg, Luteolin: 2.53mg, Luteolin: 2.53mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg, Myricetin: 1.51mg Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg, Quercetin: 6.59mg

Nutrients (% of daily need)

Calories: 211kcal (10.55%), Fat: 8.55g (13.15%), Saturated Fat: 1.17g (7.3%), Carbohydrates: 30.48g (10.16%), Net Carbohydrates: 20.33g (7.39%), Sugar: 11.31g (12.57%), Cholesterol: 0mg (0%), Sodium: 558mg (24.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.11g (16.21%), Vitamin K: 180.45µg (171.86%), Vitamin C: 69.85mg

(84.66%), Manganese: 1.14mg (56.87%), Fiber: 10.15g (40.6%), Vitamin B6: 0.78mg (39.19%), Vitamin A: 1393.38IU (27.87%), Copper: 0.54mg (26.94%), Potassium: 907.63mg (25.93%), Vitamin E: 3.25mg (21.67%), Iron: 3.81mg (21.18%), Folate: 80.39µg (20.1%), Magnesium: 72.15mg (18.04%), Vitamin B3: 3.22mg (16.09%), Phosphorus: 156.78mg (15.68%), Vitamin B1: 0.22mg (14.55%), Vitamin B2: 0.21mg (12.08%), Vitamin B5: 1.17mg (11.67%), Calcium: 110.8mg (11.08%), Zinc: 1.29mg (8.58%), Selenium: 4.31µg (6.16%)