






 **83%**
HEALTH SCORE

Mediterranean Vegetable Stew

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN

45 min.

SERVINGS

6

CALORIES

215 kcal

SOUP **ANTIPASTI** **STARTER** **SNACK**

Ingredients

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

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- 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



PROTEIN 14.59% **FAT 32.83%** **CARBS 52.58%**

Properties

Glycemic Index:45.22, Glycemic Load:7.09, Inflammation Score:-9, Nutrition Score:26.146521926574%

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, 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: 214.52kcal (10.73%), Fat: 8.6g (13.23%), Saturated Fat: 1.18g (7.35%), Carbohydrates: 31g (10.33%), Net Carbohydrates: 20.69g (7.52%), Sugar: 11.63g (12.92%), Cholesterol: 0mg (0%), Sodium: 558.8mg (24.3%), Alcohol:

Og (100%), Protein: 8.6g (17.2%), Vitamin K: 180.45µg (171.86%), Vitamin C: 70.18mg (85.07%), Manganese: 1.14mg (57.24%), Fiber: 10.31g (41.24%), Vitamin B6: 0.8mg (40.02%), Copper: 0.59mg (29.49%), Vitamin A: 1393.38IU (27.87%), Potassium: 958.51mg (27.39%), Vitamin E: 3.25mg (21.68%), Iron: 3.89mg (21.62%), Folate: 83.11µg (20.78%), Vitamin B3: 3.8mg (18.98%), Magnesium: 73.59mg (18.4%), Phosphorus: 170.54mg (17.05%), Vitamin B2: 0.27mg (15.86%), Vitamin B1: 0.23mg (15.42%), Vitamin B5: 1.41mg (14.06%), Calcium: 111.28mg (11.13%), Zinc: 1.37mg (9.14%), Selenium: 5.8µg (8.29%)