



Monica's Vegetable and Seitan Stew



Vegetarian



Vegan



Dairy Free



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READY IN

ready

60 min.

SERVINGS

servings

4

CALORIES

calories

302 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 cup brown rice uncooked



14.5 ounce canned tomatoes diced with garlic canned



2 carrots chopped



1 cup cauliflower



4 servings celery salt to taste



0.5 cup green beans fresh chopped



0.3 cup green onions sliced



8 ounce seitan

- ☐ 1 quart vegetable broth
- ☐ 2.5 cups water

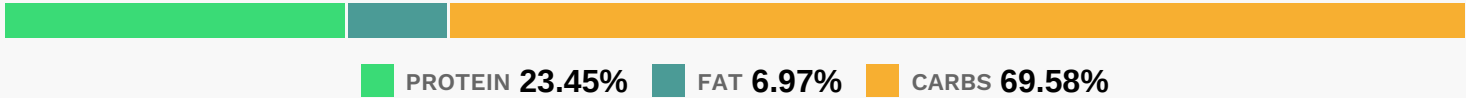
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ In a pot, bring the rice and water to a boil. Reduce heat to low, cover, and simmer 45 minutes.
- ☐ In a separate pot, bring the broth to a boil. Stir in the tomatoes, seitan, cauliflower, carrots, green beans, and green onions. Reduce heat to low, and simmer 10 minutes, or until vegetables are tender. Season with celery salt, and serve in bowls over the cooked rice.

Nutrition Facts



Properties

Glycemic Index:74.65, Glycemic Load:25.35, Inflammation Score:-10, Nutrition Score:22.436087110768%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 301.78kcal (15.09%), Fat: 2.42g (3.72%), Saturated Fat: 0.35g (2.17%), Carbohydrates: 54.27g (18.09%), Net Carbohydrates: 48.13g (17.5%), Sugar: 9.05g (10.06%), Cholesterol: 0mg (0%), Sodium: 1568.9mg (68.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.28g (36.57%), Vitamin A: 5977.4IU (119.55%), Manganese: 2.09mg (104.43%), Vitamin C: 26.16mg (31.7%), Vitamin K: 32.2µg (30.66%), Magnesium: 102.06mg (25.51%), Vitamin B6: 0.51mg (25.36%), Fiber: 6.14g (24.54%), Vitamin B1: 0.32mg (21.37%), Vitamin B3: 3.86mg (19.31%), Copper: 0.38mg (19.08%), Phosphorus: 187.5mg (18.75%), Iron: 3.34mg (18.54%), Potassium: 647.06mg (18.49%), Folate: 51.44µg (12.86%), Vitamin B5: 1.28mg (12.81%), Vitamin E: 1.6mg (10.64%), Zinc: 1.45mg (9.67%), Calcium: 80.32mg (8.03%), Vitamin B2: 0.13mg (7.4%), Selenium: 0.92µg (1.31%)