



 **66%**  
HEALTH SCORE

## Nigerian Snail Stew

 **Gluten Free**  **Dairy Free**  **Very Healthy**  **Popular**

READY IN



**45 min.**

SERVINGS



**1**

CALORIES



**374 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 teaspoon chili powder
- 2 cloves garlic
- 1 serving seasoning cubes
- 3 lime
- 1 bell pepper red
- 1 large onion red
- 2 tablespoons salt
- 4 scotch bonnet peppers

- 4 scotch bonnet peppers
- 8 snails
- 5 tomatoes
- 1 vegetable oil

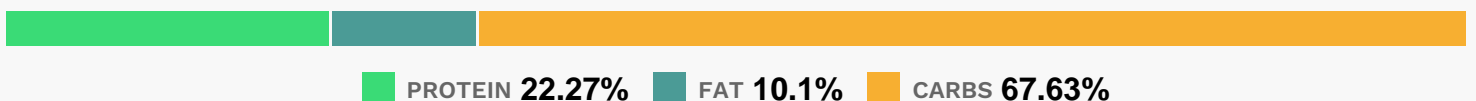
## Equipment

- bowl
- pot
- wooden spoon

## Directions

- In a bowl, wash the snails with lime and salt till all the slime is gone.
- Place the snail in a pot with the chili powder, seasoning cubes, chopped garlic, 1/2 of the onion(chopped) and a pinch of salt and bring to boil for about 15-18 minutes.In a separate pot, place the tomatoes, bell pepper, scotch bonnet peppers, crush with a wooden spoon till some of the juices come out and bring to boil till they are all soft on low heat. (This helps to dry up some of the extra water from the tomatoes)In a pot, pour in your oil, cut your onions in rings and fry in the hot oil on medium heat.
- Pour in your tomato-pepper mix and allow to fry for about 8-10 minutes on low heat.
- Pour in the left-over stock from the snail and allow to cook for 5 more minutes on medium heat.
- Add your seasoning cubes and taste for salt.
- Add your snails and stir in and allow to stew for 2-4 minutes more on medium heat.
- Serve with Rice, Pasta, Plantain, Yams or Potatoes.

## Nutrition Facts



## Properties

Glycemic Index:249, Glycemic Load:18.19, Inflammation Score:-10, Nutrition Score:48.941304347826%

## Flavonoids

Hesperetin: 86.43mg, Hesperetin: 86.43mg, Hesperetin: 86.43mg, Hesperetin: 86.43mg Naringenin: 11.02mg, Naringenin: 11.02mg, Naringenin: 11.02mg, Naringenin: 11.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg, Kaempferol: 1.31mg Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg, Myricetin: 0.93mg Quercetin: 27.08mg, Quercetin: 27.08mg, Quercetin: 27.08mg, Quercetin: 27.08mg

## Taste

Sweetness: 77.83%, Saltiness: 79.75%, Sourness: 100%, Bitterness: 33.86%, Savoriness: 22.92%, Fattiness: 46.48%, Spiciness: 100%

## Nutrients (% of daily need)

Calories: 374.43kcal (18.72%), Fat: 4.92g (7.57%), Saturated Fat: 0.86g (5.39%), Carbohydrates: 74.12g (24.71%), Net Carbohydrates: 54.73g (19.9%), Sugar: 33.7g (37.44%), Cholesterol: 40.54mg (13.51%), Sodium: 14106.87mg (613.34%), Protein: 24.41g (48.82%), Vitamin C: 420.05mg (509.15%), Vitamin A: 10386.68IU (207.73%), Vitamin B6: 1.68mg (84.09%), Magnesium: 328.23mg (82.06%), Fiber: 19.4g (77.6%), Potassium: 2703.4mg (77.24%), Vitamin E: 11.07mg (73.78%), Vitamin K: 71.4µg (68%), Manganese: 1.31mg (65.61%), Folate: 207.91µg (51.98%), Copper: 1.03mg (51.43%), Phosphorus: 513.8mg (51.38%), Iron: 7.81mg (43.37%), Vitamin B3: 7.74mg (38.68%), Selenium: 25.09µg (35.84%), Vitamin B1: 0.49mg (32.35%), Vitamin B2: 0.48mg (28.12%), Calcium: 206.76mg (20.68%), Zinc: 2.95mg (19.67%), Vitamin B5: 1.71mg (17.1%), Vitamin B12: 0.4µg (6.67%)