

Nova Scotian Hodge Podge

 Vegetarian

READY IN



120 min.

SERVINGS



6

CALORIES



178 kcal

SIDE DISH

Ingredients

- 6 tablespoons butter
- 1 cup carrots diced
- 1 tablespoon flour all-purpose
- 1 cup green beans fresh trimmed
- 2 cups baby potatoes cubed
- 1 cup turnip diced
- 0.5 cup water
- 1 cup turtle beans fresh trimmed

Equipment

sauce pan

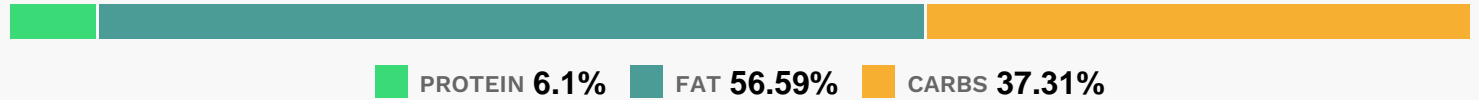
Directions

Place the green beans, wax beans, carrots and turnips into a saucepan and add enough water to cover the vegetables. Lightly salt the water, and bring to a boil. Cook for about 1/2 hour, then add the potatoes and cook for another 1/2 hour. Stir in butter and if desired, cream.

Mix together the flour and 1/2 cup water, and pour into the soup. Cook for a few more minutes to thicken.

Remove from heat and serve hot.

Nutrition Facts



Properties

Glycemic Index:66.43, Glycemic Load:9.39, Inflammation Score:-10, Nutrition Score:10.694347849359%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg, Kaempferol: 0.53mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 178.12kcal (8.91%), Fat: 11.6g (17.85%), Saturated Fat: 7.23g (45.18%), Carbohydrates: 17.21g (5.74%), Net Carbohydrates: 14g (5.09%), Sugar: 2.83g (3.15%), Cholesterol: 30.1mg (10.03%), Sodium: 126.73mg (5.51%), Alcohol: 0g (100%), Protein: 2.82g (5.63%), Vitamin A: 4041.31IU (80.83%), Vitamin C: 26.18mg (31.73%), Folate: 63.49µg (15.87%), Fiber: 3.21g (12.83%), Potassium: 445.94mg (12.74%), Vitamin K: 12.65µg (12.05%), Vitamin B6: 0.22mg (11.16%), Manganese: 0.18mg (9.21%), Magnesium: 32.43mg (8.11%), Phosphorus: 68.48mg (6.85%), Iron: 1.2mg (6.68%), Copper: 0.13mg (6.36%), Vitamin B1: 0.09mg (5.89%), Vitamin B3: 1.04mg (5.19%), Calcium: 48.21mg (4.82%), Vitamin B2: 0.06mg (3.82%), Vitamin E: 0.55mg (3.69%), Zinc: 0.48mg (3.2%), Vitamin B5: 0.31mg (3.12%), Selenium: 1µg (1.42%)