



Potato and Ham Stew

 Gluten Free  Dairy Free

READY IN



260 min.

SERVINGS



6

CALORIES



289 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 carrots diced
- 2 stalks celery diced
- 0.5 cup coconut milk
- 1 cup ham diced cooked
- 6 servings salt and ground pepper black to taste
- 1 ham bone
- 0.5 onion diced
- 15 ounce peas sweet drained canned

6 russet potatoes diced

3 cups water

Equipment

pot

Directions

Combine ham bone, potatoes, onion, sweet peas, ham, carrots, and celery in a large pot; pour in enough water to cover all ingredients.

Pour in coconut and season with salt and pepper. Bring soup to a boil, reduce heat, and simmer until flavors have blended, about 4 hours. Discard ham bone before serving.

Nutrition Facts



PROTEIN 14.8% **FAT 18.28%** **CARBS 66.92%**

Properties

Glycemic Index:53.26, Glycemic Load:31.69, Inflammation Score:-10, Nutrition Score:20.707826329314%

Flavonoids

Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg, Apigenin: 0.38mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg, Quercetin: 1.96mg

Nutrients (% of daily need)

Calories: 288.66kcal (14.43%), Fat: 6.05g (9.3%), Saturated Fat: 4.02g (25.1%), Carbohydrates: 49.79g (16.6%), Net Carbohydrates: 43.72g (15.9%), Sugar: 5.12g (5.69%), Cholesterol: 13.75mg (4.58%), Sodium: 392.74mg (17.08%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.01g (22.02%), Vitamin A: 4543.27IU (90.87%), Vitamin B6: 0.88mg (44.18%), Manganese: 0.7mg (35.24%), Potassium: 1172.14mg (33.49%), Vitamin C: 24.54mg (29.74%), Phosphorus: 248.01mg (24.8%), Fiber: 6.07g (24.29%), Vitamin K: 25.3µg (24.09%), Vitamin B1: 0.35mg (23.58%), Magnesium: 81.25mg (20.31%), Iron: 3.64mg (20.25%), Vitamin B3: 3.95mg (19.77%), Copper: 0.39mg (19.53%), Folate: 60.45µg (15.11%), Zinc: 1.75mg (11.65%), Vitamin B5: 1mg (10%), Vitamin B2: 0.15mg (9.07%), Selenium: 5.63µg (8.04%), Calcium: 64.53mg (6.45%), Vitamin B12: 0.27µg (4.43%), Vitamin E: 0.21mg (1.39%)