



Quince Stew (Chorosht'e Be)



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 garlic clove pressed
- ☐ 0.3 juice of lemon
- ☐ 0.3 cup olive oil
- ☐ 1 large onion chopped
- ☐ 1 teaspoon pepper
- ☐ 2 potatoes peeled cut into medium dice
- ☐ 0.8 cup prune- cut to pieces pitted
- ☐ 2 quinces entire (make sure to remove the core)

- ☐ 2 teaspoons salt
- ☐ 2 pounds stew meat
- ☐ 6 ounce canned tomatoes canned
- ☐ 3 cups water

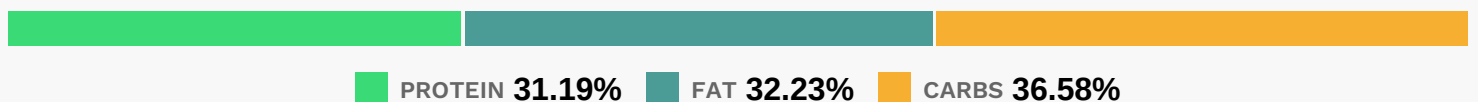
Equipment

- ☐ sauce pan
- ☐ casserole dish

Directions

- ☐ In a 6-quart saucepan, sauté the onion and garlic in olive oil until the onion starts to become translucent (about 1 minute).
- ☐ Add the meat; cover and cook until meat no longer looks red, stirring occasionally.
- ☐ Add salt and pepper.
- ☐ Add water, tomato paste, lime juice, quince, prunes, and potatoes. Simmer, covered, for 1 hour, stirring occasionally until meat is tender.
- ☐ Serve hot in a casserole dish.
- ☐ Tricks of the trade
- ☐ Make sure to remove the entire core of this fruit, since any remainder will cook along and harden like a rock in the inner layer of the fruit! Since quinces are often hard to find, the second I find some I buy many and freeze them already sliced in separate bags so I can use them as needed. Lamb or veal are also delicious in this recipe, or make it vegetarian-friendly by using seitan (wheat "meat") instead. By the way, most Persian stews freeze really well, but don't freeze this one, because it has potatoes and potatoes don't like the freezer!
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Nutrition Facts



Properties

Glycemic Index:27.48, Glycemic Load:10.48, Inflammation Score:-4, Nutrition Score:16.093478109526%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg, Catechin: 0.34mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg, Quercetin: 3.6mg

Nutrients (% of daily need)

Calories: 278.08kcal (13.9%), Fat: 10.11g (15.55%), Saturated Fat: 2.33g (14.57%), Carbohydrates: 25.82g (8.61%), Net Carbohydrates: 22.44g (8.16%), Sugar: 6.72g (7.46%), Cholesterol: 56.25mg (18.75%), Sodium: 547.43mg (23.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.01g (44.02%), Vitamin B6: 0.82mg (40.92%), Selenium: 25.88µg (36.98%), Vitamin B3: 7.15mg (35.75%), Vitamin B12: 1.68µg (27.97%), Zinc: 4.07mg (27.11%), Phosphorus: 247.56mg (24.76%), Vitamin C: 18.5mg (22.42%), Potassium: 752.19mg (21.49%), Iron: 2.96mg (16.45%), Copper: 0.28mg (14.23%), Vitamin K: 14.22µg (13.54%), Fiber: 3.37g (13.49%), Vitamin B2: 0.21mg (12.41%), Magnesium: 46.77mg (11.69%), Manganese: 0.21mg (10.46%), Vitamin B1: 0.16mg (10.4%), Vitamin E: 1.33mg (8.86%), Vitamin B5: 0.69mg (6.88%), Folate: 25.76µg (6.44%), Calcium: 47.2mg (4.72%), Vitamin A: 158.94IU (3.18%)