



Savory Millet and Potato Stew



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



273 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound bell pepper red frozen
- ☐ 4 garlic clove finely chopped
- ☐ 1 cup millet uncooked
- ☐ 1 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 cup potatoes – remove skin diced red
- ☐ 2 tablespoons soya sauce
- ☐ 1 teaspoon thyme leaves dried

☐ 5 cups vegetable stock

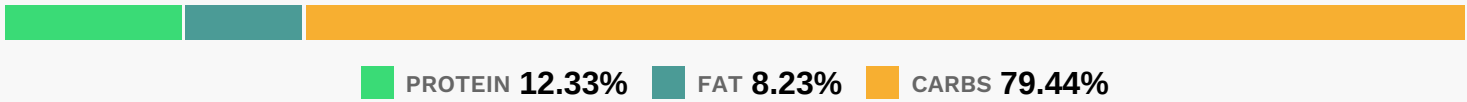
Equipment

☐ dutch oven

Directions

- ☐ Heat broth and soy sauce to boiling in 4-quart Dutch oven. Stir in remaining ingredients.
- ☐ Heat to boiling; reduce heat to medium. Cover and cook 12 to 16 minutes, stirring occasionally, until millet and potatoes are tender.

Nutrition Facts



Properties

Glycemic Index:74.25, Glycemic Load:27.17, Inflammation Score:-10, Nutrition Score:22.976521523102%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg, Quercetin: 8.55mg

Nutrients (% of daily need)

Calories: 272.98kcal (13.65%), Fat: 2.55g (3.93%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 55.44g (18.48%), Net Carbohydrates: 47.57g (17.3%), Sugar: 9.38g (10.42%), Cholesterol: 0mg (0%), Sodium: 1690.33mg (73.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.6g (17.21%), Vitamin C: 151.46mg (183.59%), Vitamin A: 4203IU (84.06%), Manganese: 1.14mg (57.03%), Vitamin B6: 0.66mg (32.96%), Fiber: 7.87g (31.47%), Folate: 107.59µg (26.9%), Copper: 0.46mg (23.03%), Phosphorus: 212.04mg (21.2%), Vitamin B1: 0.32mg (21.13%), Magnesium: 84.1mg (21.02%), Vitamin B3: 4.12mg (20.6%), Vitamin B2: 0.28mg (16.33%), Potassium: 516.3mg (14.75%), Iron: 2.58mg (14.32%), Vitamin E: 1.83mg (12.2%), Vitamin B5: 0.94mg (9.4%), Zinc: 1.34mg (8.92%), Vitamin K: 6.97µg (6.63%), Calcium: 32.82mg (3.28%), Selenium: 2.26µg (3.23%)