



Slow-Cooker Curried Sweet Potato and Lentil Stew

 Vegetarian  Gluten Free

READY IN



330 min.

SERVINGS



6

CALORIES



198 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups sweet potatoes and into peeled (1 inch)
- ☐ 0.3 cup onion finely chopped
- ☐ 1.5 cups baby carrots
- ☐ 0.8 cup lentils dried rinsed
- ☐ 2 teaspoons vegetable oil
- ☐ 1 tablespoon curry powder
- ☐ 1 teaspoon ground cumin

- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon ginger finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 14 oz vegetable stock canned
- ☐ 1.5 cups green beans frozen thawed
- ☐ 0.5 cup yogurt plain fat-free

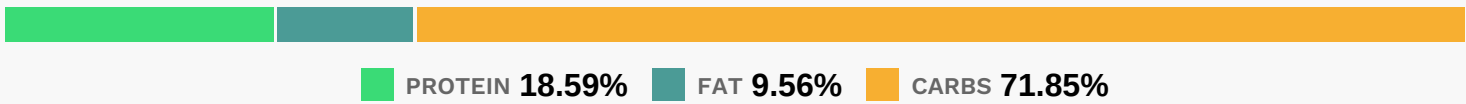
Equipment

- ☐ frying pan
- ☐ slow cooker

Directions

- ☐ In 3- to 4-quart slow cooker, mix sweet potatoes, onion, carrots and lentils.
- ☐ In 8-inch skillet, heat oil over medium heat.
- ☐ Add curry powder, cumin, salt, pepper, gingerroot and garlic; cook 1 minute, stirring constantly. Stir in broth.
- ☐ Pour mixture into slow cooker; stir.
- ☐ Cover; cook on Low heat setting 5 to 6 hours.
- ☐ Increase heat setting to High. Stir in green beans. Cover; cook about 15 minutes longer or until green beans are crisp-tender.
- ☐ Serve topped with yogurt.

Nutrition Facts



Properties

Glycemic Index:47.93, Glycemic Load:9.49, Inflammation Score:-10, Nutrition Score:19.203043377918%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 198.02kcal (9.9%), Fat: 2.15g (3.31%), Saturated Fat: 0.36g (2.22%), Carbohydrates: 36.4g (12.13%), Net Carbohydrates: 24.89g (9.05%), Sugar: 8.15g (9.05%), Cholesterol: 0.41mg (0.14%), Sodium: 540.22mg (23.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.84%), Vitamin A: 14203.32IU (284.07%), Fiber: 11.5g (46.02%), Folate: 145.35µg (36.34%), Manganese: 0.68mg (34.12%), Vitamin B1: 0.31mg (20.81%), Vitamin K: 21.22µg (20.21%), Phosphorus: 199.06mg (19.91%), Potassium: 674.89mg (19.28%), Vitamin B6: 0.38mg (18.99%), Iron: 3.35mg (18.63%), Magnesium: 64.7mg (16.18%), Copper: 0.3mg (14.81%), Vitamin B5: 1.38mg (13.8%), Zinc: 1.74mg (11.61%), Vitamin B2: 0.19mg (10.92%), Calcium: 105.3mg (10.53%), Vitamin C: 7.83mg (9.49%), Vitamin B3: 1.47mg (7.33%), Selenium: 3.88µg (5.54%), Vitamin E: 0.76mg (5.07%), Vitamin B12: 0.12µg (2.08%)