



WHATSheATE



HEALTH SCORE

54%

Slow-Cooker Ham and Lentil Stew



Gluten Free



Dairy Free

READY IN



490 min.

SERVINGS



10

CALORIES



230 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups carrots chopped
- ☐ 2 cups celery stalks chopped
- ☐ 3.5 cups chicken broth (from 32 oz carton)
- ☐ 1 lb lentils dried rinsed
- ☐ 1 cup onion chopped
- ☐ 1 lb ham smoked fully cooked cut into 1/2-inch cubes (3 cups)
- ☐ 4 cups water

Equipment

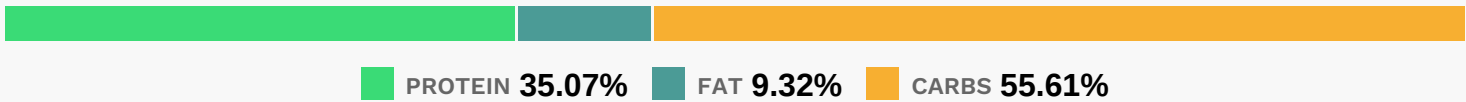
☐ slow cooker

Directions

☐ In 5- to 6-quart slow cooker, mix all ingredients.

☐ Cover; cook on Low heat setting 8 to 10 hours.

Nutrition Facts



Properties

Glycemic Index:13.04, Glycemic Load:4.53, Inflammation Score:-10, Nutrition Score:21.22391304892%

Flavonoids

Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg, Apigenin: 0.58mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg, Galliccatechin: 0.06mg

Nutrients (% of daily need)

Calories: 229.68kcal (11.48%), Fat: 2.4g (3.69%), Saturated Fat: 0.66g (4.12%), Carbohydrates: 32.21g (10.74%), Net Carbohydrates: 17.06g (6.2%), Sugar: 3.48g (3.87%), Cholesterol: 23.42mg (7.81%), Sodium: 897.73mg (39.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.31g (40.62%), Vitamin A: 4387.09IU (87.74%), Fiber: 15.15g (60.59%), Folate: 232.45µg (58.11%), Manganese: 0.72mg (35.96%), Phosphorus: 332mg (33.2%), Vitamin B1: 0.44mg (29.45%), Iron: 4.22mg (23.43%), Zinc: 3.17mg (21.14%), Potassium: 727.35mg (20.78%), Copper: 0.4mg (19.83%), Magnesium: 78.06mg (19.52%), Vitamin B6: 0.31mg (15.72%), Vitamin B5: 1.12mg (11.17%), Vitamin K: 11.63µg (11.08%), Vitamin B2: 0.17mg (10.29%), Vitamin B3: 1.7mg (8.48%), Vitamin C: 5.32mg (6.44%), Selenium: 4.28µg (6.11%), Calcium: 56.27mg (5.63%), Vitamin E: 0.48mg (3.21%)