



Slow-Cooker Lentil and Pasta Stew

 Dairy Free

READY IN



635 min.

SERVINGS



4

CALORIES



215 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup celery stalks sliced
- ☐ 0.8 cup lentils dried rinsed
- ☐ 0.5 cup bell pepper green coarsely chopped
- ☐ 2 oz orzo pasta uncooked
- ☐ 1 teaspoon thyme leaves dried
- ☐ 3.5 cups vegetable stock
- ☐ 11.5 oz vegetable juice canned

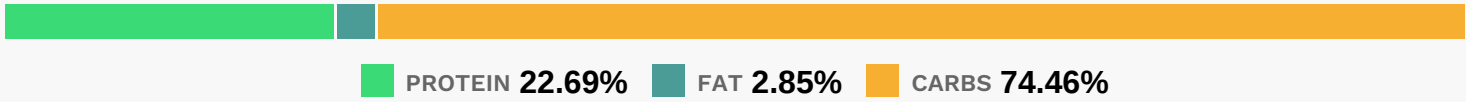
Equipment

☐ slow cooker

Directions

- ☐ In 3 1/2- to 4-quart slow cooker, mix lentils, celery, bell pepper and broth.
- ☐ Cover; cook on Low heat setting 10 to 12 hours.
- ☐ Stir vegetable juice, pasta and thyme into stew. Increase heat setting to High. Cover; cook 25 to 30 minutes longer or until pasta is tender.

Nutrition Facts



Properties

Glycemic Index:60.4, Glycemic Load:9.41, Inflammation Score:-9, Nutrition Score:17.360000029854%

Flavonoids

Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg, Apigenin: 0.73mg Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg, Luteolin: 1.37mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg, Gallocatechin: 0.05mg

Nutrients (% of daily need)

Calories: 214.83kcal (10.74%), Fat: 0.68g (1.04%), Saturated Fat: 0.12g (0.74%), Carbohydrates: 39.94g (13.31%), Net Carbohydrates: 27.06g (9.84%), Sugar: 6.32g (7.03%), Cholesterol: 0mg (0%), Sodium: 987.32mg (42.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.17g (24.33%), Fiber: 12.88g (51.51%), Vitamin C: 42.27mg (51.23%), Folate: 186.17µg (46.54%), Manganese: 0.67mg (33.31%), Vitamin A: 1328.85IU (26.58%), Vitamin B1: 0.34mg (22.88%), Phosphorus: 199.47mg (19.95%), Iron: 3.34mg (18.58%), Potassium: 634mg (18.11%), Selenium: 12.05µg (17.21%), Magnesium: 56.87mg (14.22%), Vitamin B6: 0.28mg (13.83%), Zinc: 1.99mg (13.25%), Copper: 0.25mg (12.59%), Vitamin K: 10.59µg (10.09%), Vitamin B5: 0.91mg (9.14%), Vitamin B3: 1.36mg (6.79%), Vitamin B2: 0.11mg (6.26%), Calcium: 50.17mg (5.02%), Vitamin E: 0.33mg (2.19%)