



Slow-Cooker Peanut-Sweet Potato Stew



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



320 min.

SERVINGS



4

CALORIES



455 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 oz canned tomatoes diced canned
- ☐ 0.5 cup crunchy peanut butter
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cumin
- ☐ 3 onions red thinly sliced
- ☐ 4 servings salt and pepper
- ☐ 2 lb sweet potatoes peeled
- ☐ 5 sprigs plus fresh chopped

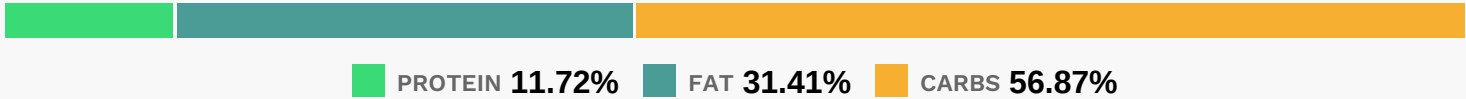
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Stir together potatoes, onions, tomatoes, parsley sprigs, cumin, allspice, salt, pepper and 2 cups water in a slow cooker until thoroughly combined. Cover and cook for 4 to 5 hours on high. Discard parsley sprigs.
- ☐ Just before serving stew, stir in chopped parsley and peanut butter.
- ☐ Serve hot in bowls.

Nutrition Facts



Properties

Glycemic Index:43.75, Glycemic Load:26.37, Inflammation Score:-10, Nutrition Score:29.241304604904%

Flavonoids

Apigenin: 2.72mg, Apigenin: 2.72mg, Apigenin: 2.72mg, Apigenin: 2.72mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 16.77mg, Quercetin: 16.77mg, Quercetin: 16.77mg, Quercetin: 16.77mg

Nutrients (% of daily need)

Calories: 454.8kcal (22.74%), Fat: 16.79g (25.83%), Saturated Fat: 2.59g (16.18%), Carbohydrates: 68.38g (22.79%), Net Carbohydrates: 55.46g (20.17%), Sugar: 20.24g (22.49%), Cholesterol: 0mg (0%), Sodium: 616.37mg (26.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.1g (28.2%), Vitamin A: 32514.35IU (650.29%), Manganese: 1.5mg (74.75%), Fiber: 12.91g (51.65%), Vitamin B6: 0.87mg (43.34%), Potassium: 1449.11mg (41.4%), Copper: 0.76mg (37.95%), Vitamin B3: 7.09mg (35.45%), Magnesium: 140.82mg (35.2%), Vitamin K: 30.56µg (29.11%), Vitamin C: 22.82mg (27.66%), Phosphorus: 271.03mg (27.1%), Vitamin E: 3.96mg (26.38%), Vitamin B5: 2.57mg (25.67%), Iron: 4.1mg (22.78%), Vitamin B1: 0.33mg (22.14%), Folate: 85.72µg (21.43%), Vitamin B2: 0.25mg (14.92%), Calcium: 146.95mg (14.69%), Zinc: 2.05mg (13.67%), Selenium: 5.08µg (7.26%)