



WHATSheATE



HEALTH SCORE

59%

Slow-Cooker Winter Vegetable Stew



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



520 min.

SERVINGS



8

CALORIES



162 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 29 oz tomatoes diced italian with herbs, undrained organic canned
- ☐ 4 medium potatoes – remove skin red cut into 1/2-inch pieces
- ☐ 4 medium stalks celery cut into 1/2-inch pieces (2 cups)
- ☐ 3 medium carrots cut into 1/2-inch pieces (1 1/2 cups)
- ☐ 2 medium parsnips peeled cut into 1/2-inch pieces
- ☐ 2 medium leek cut into 1/2-inch pieces
- ☐ 14 oz vegetable stock canned
- ☐ 0.5 teaspoon salt

- ☐ 0.5 teaspoon thyme leaves dried
- ☐ 0.5 teaspoon rosemary dried
- ☐ 3 tablespoons cornstarch
- ☐ 3 tablespoons water cold

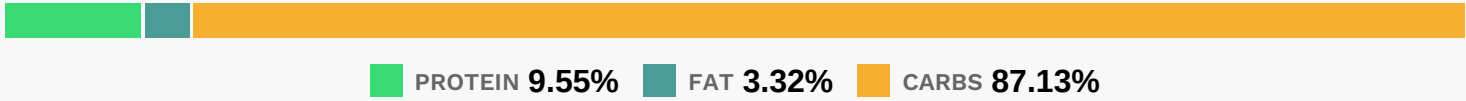
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ In 4- to 5-quart slow cooker, place all ingredients except cornstarch and water.
- ☐ Cover; cook on Low heat setting 8 to 10 hours.
- ☐ In small bowl, mix cornstarch and water; gradually stir into stew until blended. Increase heat setting to High; cover and cook about 20 minutes longer, stirring occasionally, until thickened.

Nutrition Facts



Properties

Glycemic Index:45.1, Glycemic Load:5.68, Inflammation Score:-10, Nutrition Score:18.516956547032%

Flavonoids

Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg, Naringenin: 0.7mg Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg, Apigenin: 0.57mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 161.92kcal (8.1%), Fat: 0.63g (0.97%), Saturated Fat: 0.11g (0.7%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 30.9g (11.24%), Sugar: 8.58g (9.53%), Cholesterol: 0mg (0%), Sodium: 408.77mg (17.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.08g (8.16%), Vitamin A: 5257.52IU (105.15%), Vitamin C: 34.67mg (42.02%), Vitamin K: 39.26µg (37.39%), Manganese: 0.65mg (32.44%), Potassium: 1039.64mg (29.7%), Fiber: 6.35g (25.4%), Folate: 86.41µg (21.6%), Vitamin B6: 0.4mg (19.84%), Copper: 0.3mg (14.85%), Magnesium: 57.51mg

(14.38%), Phosphorus: 138.26mg (13.83%), Vitamin B1: 0.19mg (12.79%), Vitamin B3: 2.49mg (12.43%), Iron: 1.9mg (10.55%), Vitamin E: 1.55mg (10.35%), Vitamin B5: 0.76mg (7.64%), Calcium: 64.46mg (6.45%), Vitamin B2: 0.1mg (6.11%), Zinc: 0.87mg (5.78%), Selenium: 1.64µg (2.34%)