



The Crisper Whisperer: Suddenly Stew



Gluten Free



Very Healthy

READY IN



60 min.

SERVINGS



8

CALORIES



244 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup brown rice uncooked
- ☐ 31 ounce garbanzo beans canned
- ☐ 28 ounce canned tomatoes whole with their juices peeled canned
- ☐ 3 medium carrots diced
- ☐ 6 cloves garlic chopped
- ☐ 1 teaspoon herbs de provence dried
- ☐ 2 bunches destemmed lacinato/dinosaur kale chopped
- ☐ 1 tablespoon olive oil

- ☐ 1 piece parmesan
- ☐ 0.5 teaspoon pepper dried red crushed
- ☐ 1 tablespoon tomato paste
- ☐ 4 cups vegetable stock homemade
- ☐ 1 medium onion diced yellow

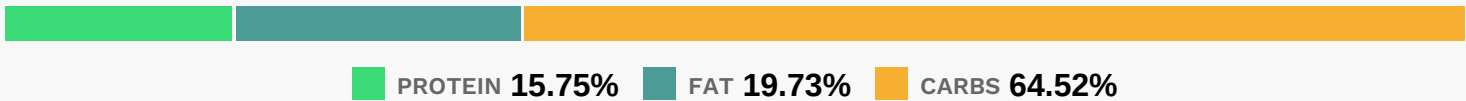
Equipment

- ☐ pot
- ☐ dutch oven

Directions

- ☐ In large Dutch oven, heat olive oil over medium heat.
- ☐ Add onions and carrots and cook, stirring occasionally until starting to soften, about 5 minutes.
- ☐ Add garlic and cook, stirring, one minute more.
- ☐ Add rice and stir to coat lightly with oil.
- ☐ Add tomato paste and cook, stirring, for one minute.
- ☐ Add tomatoes, crushing each between your fingers. Then add stock, herbes de Provence, red pepper flakes and cheese rind. Stir to combine. Bring to a boil over high heat, then cover tightly, reduce heat to maintain a simmer, and cook for 25 minutes.
- ☐ Add kale and chickpeas, re-cover pot, raise heat to return liquid to boil, then reduce heat and simmer 15 minutes more.
- ☐ Serve hot, sprinkled with grated cheese if desired.

Nutrition Facts



Properties

Glycemic Index:43.99, Glycemic Load:13.74, Inflammation Score:-10, Nutrition Score:31.318695556777%

Flavonoids

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: 16.62mg, Isorhamnetin: 16.62mg, Isorhamnetin: 16.62mg, Isorhamnetin: 16.62mg Kaempferol: 31.75mg, Kaempferol: 31.75mg, Kaempferol: 31.75mg, Kaempferol: 31.75mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 18.62mg, Quercetin: 18.62mg, Quercetin: 18.62mg, Quercetin: 18.62mg

Nutrients (% of daily need)

Calories: 244.05kcal (12.2%), Fat: 5.65g (8.7%), Saturated Fat: 0.74g (4.64%), Carbohydrates: 41.59g (13.86%), Net Carbohydrates: 31.3g (11.38%), Sugar: 5.85g (6.5%), Cholesterol: 0.09mg (0.03%), Sodium: 990.44mg (43.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.15g (20.3%), Vitamin K: 272.8µg (259.81%), Vitamin A: 11021.36IU (220.43%), Manganese: 2.19mg (109.63%), Vitamin C: 75.95mg (92.06%), Vitamin B6: 0.9mg (45.17%), Fiber: 10.29g (41.17%), Calcium: 266.31mg (26.63%), Magnesium: 94.36mg (23.59%), Iron: 4.1mg (22.76%), Folate: 88.47µg (22.12%), Potassium: 753.53mg (21.53%), Phosphorus: 209.48mg (20.95%), Vitamin B2: 0.34mg (19.86%), Copper: 0.35mg (17.69%), Vitamin B1: 0.26mg (17.18%), Vitamin B3: 2.75mg (13.76%), Vitamin E: 1.67mg (11.14%), Zinc: 1.65mg (11.02%), Vitamin B5: 0.87mg (8.7%), Selenium: 3.48µg (4.97%)