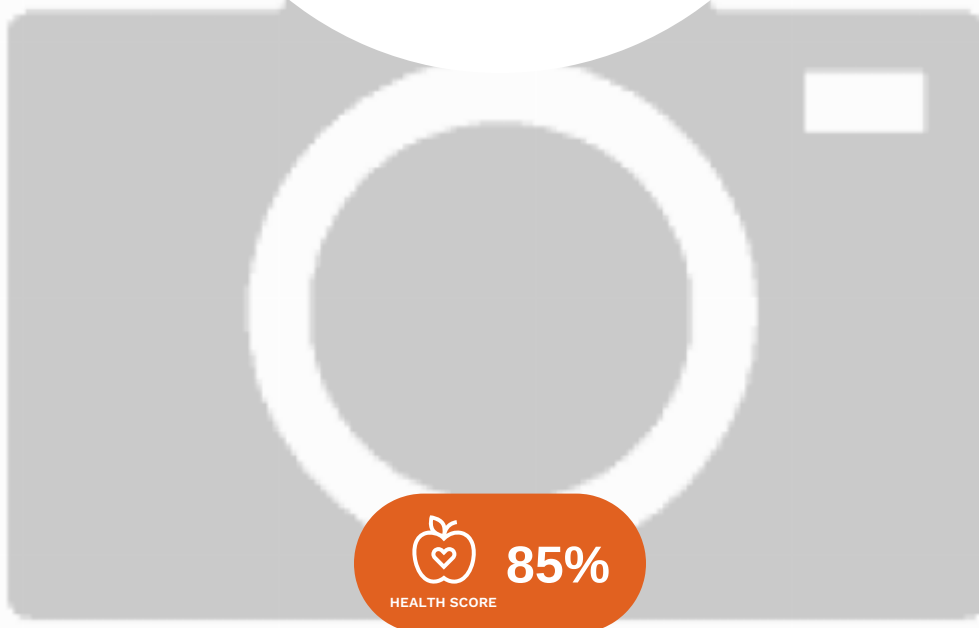




Traditional Vegetable Stew for Couscous



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



80 min.

SERVINGS



6

CALORIES



332 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup broad beans frozen
- ☐ 6 carrots thick cut into wedges
- ☐ 0.5 cup chickpeas cooked
- ☐ 1 pinch ground pepper black to taste
- ☐ 1 sunchoke sliced
- ☐ 1 leek thick cut into wedges
- ☐ 2 tablespoons olive oil
- ☐ 1 onion sliced

- ☐ 0.5 cup peas frozen
- ☐ 4 potatoes halved
- ☐ 0.5 bell pepper red sliced
- ☐ 0.5 cup lentils red
- ☐ 10 saffron threads
- ☐ 2 teaspoons salt
- ☐ 0.5 pound pumpkin thick peeled seeded cut into wedges
- ☐ 4 cups water
- ☐ 2 zucchinis thick cut into wedges

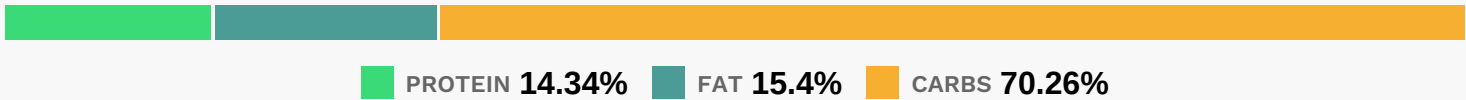
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat the oil in a large pot over medium heat. Cook and stir the onion and bell pepper in the hot oil until slightly softened, 2 to 3 minutes.
- ☐ Add the leek, carrots, potatoes, pumpkin, zucchinis, and Jerusalem artichoke to the pot; cover the skillet and cook another 10 minutes.
- ☐ Stir the water, saffron, and lentils into the vegetable mixture; bring to a boil. Reduce heat to medium low, return cover to the pot, and allow the mixture to simmer until the vegetables are tender, about 30 minutes.
- ☐ Add the chickpeas, broad beans, and peas to the stew. Season with the salt and pepper. Cover again and continue cooking until the lentils are mushy, about 15 minutes.

Nutrition Facts



Properties

Glycemic Index:99.21, Glycemic Load:27.57, Inflammation Score:-10, Nutrition Score:29.943913293921%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 1.97mg, Kaempferol: 1.97mg, Kaempferol: 1.97mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg, Quercetin: 5.31mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 332.11kcal (16.61%), Fat: 5.91g (9.09%), Saturated Fat: 0.87g (5.46%), Carbohydrates: 60.63g (20.21%), Net Carbohydrates: 46.75g (17%), Sugar: 12.4g (13.78%), Cholesterol: 0mg (0%), Sodium: 847.6mg (36.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.38g (24.75%), Vitamin A: 14209.06IU (284.18%), Vitamin C: 69.13mg (83.8%), Fiber: 13.88g (55.51%), Manganese: 1.06mg (53.18%), Folate: 194.37µg (48.59%), Vitamin B6: 0.87mg (43.3%), Potassium: 1510.3mg (43.15%), Vitamin B1: 0.46mg (30.69%), Phosphorus: 295.08mg (29.51%), Vitamin K: 29.07µg (27.68%), Iron: 4.91mg (27.29%), Copper: 0.53mg (26.51%), Magnesium: 103.86mg (25.97%), Vitamin B3: 3.89mg (19.45%), Vitamin B2: 0.28mg (16.68%), Zinc: 2.23mg (14.84%), Vitamin B5: 1.39mg (13.87%), Vitamin E: 2.05mg (13.64%), Calcium: 100.85mg (10.09%), Selenium: 3.47µg (4.96%)