



Vegetable & Lentil Stew - 5:2 Diet = 242 calories



Gluten Free



Dairy Free



Popular

READY IN



80 min.

SERVINGS



6

CALORIES



279 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 butternut squash chopped
- ☐ 3 large carrots chopped
- ☐ 8 pack chestnut mushroom chopped
- ☐ 1 tsp olive oil
- ☐ 1 onion finely chopped
- ☐ 100 g peas frozen
- ☐ 1 glass red wine

- ☐ 6 servings grinding of salt & pepper black good
- ☐ 250 g soya mince frozen (vegetarian mince)
- ☐ 4 tbsp tomato purée
- ☐ 2 pints vegetable stock (4 stock cubes)
- ☐ 4 tbsp wholegrain mustard
- ☐ 150 g puy french

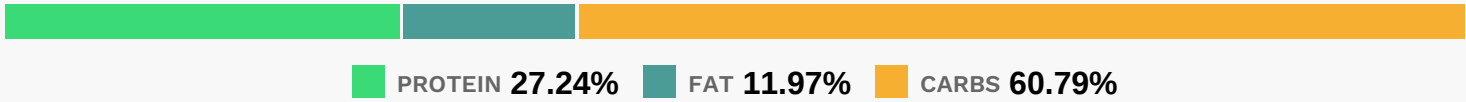
Equipment

- ☐ frying pan

Directions

- ☐ In a large pan, saute the onion with the olive oil, until soft. As you are using so little olive oil you may need to add a splash of water to prevent sticking.
- ☐ Add the carrots and butternut squash and cook gently for 5 minutes.
- ☐ Add the mushrooms and cook for another few minutes.
- ☐ Add the lentils, soya mince and red wine and stir well to combine.
- ☐ Add the stock, tomato puree and mustard. Give a good stir and bring to the boil. Reduce to a simmer, cover with a lid and leave to cook for between 45 minutes and an hour. Stirring occasionally.
- ☐ Add the peas at the last minute. The stew should be nicely thickened and flavourful.
- ☐ Season and serve.

Nutrition Facts



Properties

Glycemic Index:35.03, Glycemic Load:3.26, Inflammation Score:-10, Nutrition Score:24.746086854002%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Petunidin: 0.78mg, Petunidin: 0.78mg, Petunidin: 0.78mg, Petunidin: 0.78mg Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin: 0.79mg, Delphinidin:

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Nutrients (% of daily need)

Calories: 279.25kcal (13.96%), Fat: 3.42g (5.27%), Saturated Fat: 0.39g (2.43%), Carbohydrates: 39.11g (13.04%), Net Carbohydrates: 25.04g (9.1%), Sugar: 8.48g (9.42%), Cholesterol: 0mg (0%), Sodium: 1149.25mg (49.97%), Alcohol: 4.17g (100%), Alcohol %: 1.19% (100%), Protein: 17.53g (35.05%), Vitamin A: 13184.02IU (263.68%), Vitamin B12: 3.48µg (58.08%), Fiber: 14.07g (56.28%), Vitamin B1: 0.7mg (46.69%), Vitamin B3: 7.62mg (38.1%), Vitamin C: 25.69mg (31.14%), Iron: 5.51mg (30.63%), Vitamin B6: 0.6mg (30.08%), Manganese: 0.42mg (20.99%), Potassium: 712.68mg (20.36%), Phosphorus: 196.4mg (19.64%), Vitamin B2: 0.3mg (17.5%), Selenium: 11.23µg (16.04%), Copper: 0.27mg (13.68%), Magnesium: 47.28mg (11.82%), Folate: 46.97µg (11.74%), Vitamin K: 10.77µg (10.25%), Vitamin E: 1.52mg (10.12%), Zinc: 1.33mg (8.85%), Vitamin B5: 0.88mg (8.77%), Calcium: 82.18mg (8.22%)