



Vegetable Stew with Herb Dumplings

READY IN



30 min.

SERVINGS



4

CALORIES



537 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup onion chopped
- 1 tablespoon vegetable oil
- 0.5 cup soup noodles uncooked
- 32 ounces vegetable stock (4 cups)
- 1 teaspoon ground mustard
- 16 ounces peas sweet frozen thawed
- 15 ounces great northern beans rinsed drained canned
- 1 cup baking mix bisquick heart smart®
- 0.7 cup cornmeal

- 0.3 teaspoon oregano dried
- 0.3 teaspoon basil dried
- 0.7 cup skim milk fat-free (skim)

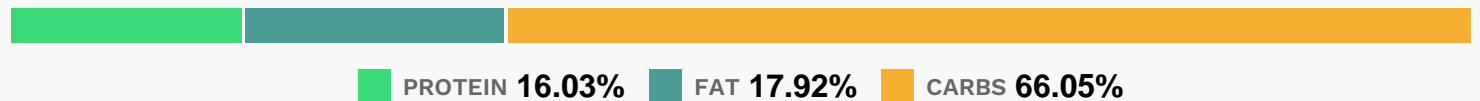
Equipment

- dutch oven

Directions

- Cook onion in oil in Dutch oven over medium heat, stirring occasionally, until crisp-tender.
- Stir in pasta, broth, mustard, vegetables and beans.
- Heat to boiling, stirring occasionally.
- Stir together Bisquick mix, cornmeal, oregano and basil. Stir in milk just until dry ingredients are moistened.
- Drop dough by tablespoonfuls onto boiling stew; reduce heat to low. Cook uncovered 10 minutes. Cover and cook 10 minutes longer.

Nutrition Facts



Properties

Glycemic Index:66.27, Glycemic Load:20.54, Inflammation Score:-9, Nutrition Score:30.288260947103%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

Nutrients (% of daily need)

Calories: 537.33kcal (26.87%), Fat: 10.8g (16.62%), Saturated Fat: 2.25g (14.09%), Carbohydrates: 89.61g (29.87%), Net Carbohydrates: 74.1g (26.94%), Sugar: 15.42g (17.13%), Cholesterol: 1.83mg (0.61%), Sodium: 1319.1mg (57.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.75g (43.49%), Manganese: 1.29mg (64.55%), Fiber: 15.51g (62.05%), Vitamin C: 48.35mg (58.61%), Phosphorus: 570.34mg (57.03%), Folate: 213.6µg (53.4%), Vitamin B1:

0.75mg (49.92%), Vitamin K: 38.34µg (36.52%), Magnesium: 141mg (35.25%), Iron: 5.25mg (29.15%), Vitamin A: 1438.22IU (28.76%), Vitamin B6: 0.55mg (27.3%), Potassium: 905.1mg (25.86%), Copper: 0.52mg (25.78%), Vitamin B2: 0.44mg (25.61%), Vitamin B3: 5.11mg (25.54%), Selenium: 16.94µg (24.21%), Zinc: 3.46mg (23.07%), Calcium: 204.79mg (20.48%), Vitamin B5: 1.04mg (10.45%), Vitamin B12: 0.35µg (5.9%), Vitamin E: 0.63mg (4.2%), Vitamin D: 0.45µg (2.99%)