



 61%
HEALTH SCORE

Vegetable Stew with Potato and Cheese Pancakes

 Vegetarian  Very Healthy

READY IN



35 min.

SERVINGS



4

CALORIES



761 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15 ounce chick peas drained canned
- 28 ounce canned tomatoes diced canned
- 3 tablespoons flour all-purpose
- 2 tablespoons rosemary leaves fresh finely chopped
- 3 cloves garlic smashed
- 1.3 cups gouda cheese smoked shredded
- 1.5 teaspoons ground cumin

- 2 tablespoons olive oil extra-virgin
- 1 small onion grated
- 1 medium onion chopped
- 2 pounds all purpose potatoes shredded such as russets, 3 large potatoes, peeled and
- 4 servings salt and pepper black freshly ground
- 4 servings vegetable oil for frying
- 1 medium zucchini quartered cut into 1-inch pieces
- 1 pound to 20 halved

Equipment

- frying pan
- ladle
- pot

Directions

- In a medium pot over moderate heat saute garlic and mushrooms in extra-virgin olive oil for 2 or 3 minutes.
- Add zucchini and onion to the pot and season vegetables with salt and pepper.
- Saute another 5 minutes.
- Add beans, cumin, tomato and chopped rosemary. Bring stew to a bubble, reduce heat to low and simmer 10 minutes.
- Heat a nonstick skillet over medium high heat.
- Add a thin layer of olive oil or vegetable oil to the pan, just enough to coat the bottom.
- Combine potatoes with onions and flour.
- Mix in shredded cheese. Spoon piles of potato and cheese mixture into the pan, making 3-inch rounds, 1-inch apart. Cook cakes until golden and crispy, about 4 minutes on each side.
- Remove cooked cakes and repeat process.
- Arrange cakes, 3 per person, on dinner plates and top with ladles of mushroom and zucchini stew.

Nutrition Facts

■ PROTEIN 18.33% ■ FAT 38.07% ■ CARBS 43.6%

Properties

Glycemic Index:100.02, Glycemic Load:41.83, Inflammation Score:-9, Nutrition Score:50.880000104075%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg, Isorhamnetin: 2.25mg Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg, Kaempferol: 2.11mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg, Quercetin: 11.09mg

Nutrients (% of daily need)

Calories: 761kcal (38.05%), Fat: 33.5g (51.54%), Saturated Fat: 14.89g (93.05%), Carbohydrates: 86.31g (28.77%), Net Carbohydrates: 70.5g (25.64%), Sugar: 17.28g (19.2%), Cholesterol: 84.28mg (28.09%), Sodium: 1191.32mg (51.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 36.3g (72.6%), Manganese: 2.02mg (100.85%), Vitamin C: 76.12mg (92.27%), Vitamin B6: 1.82mg (91.23%), Phosphorus: 863.33mg (86.33%), Potassium: 2516.95mg (71.91%), Copper: 1.43mg (71.68%), Calcium: 703.62mg (70.36%), Selenium: 46.79µg (66.85%), Vitamin B2: 1.09mg (63.94%), Fiber: 15.82g (63.27%), Vitamin B3: 9.98mg (49.88%), Magnesium: 171.15mg (42.79%), Zinc: 6.4mg (42.69%), Iron: 7.48mg (41.53%), Folate: 164.39µg (41.1%), Vitamin B1: 0.59mg (39.39%), Vitamin B5: 3.7mg (36.96%), Vitamin K: 28.44µg (27.08%), Vitamin E: 4.03mg (26.85%), Vitamin B12: 1.25µg (20.87%), Vitamin A: 1001.8IU (20.04%), Vitamin D: 0.48µg (3.22%)