



West African Vegetable Stew



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



220 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce chick peas rinsed drained canned garbanzo beans
- ☐ 10.5 ounce campbell's® condensed chicken broth canned
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 2 cloves garlic minced
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 2 cups onions sliced
- ☐ 0.5 cup raisins
- ☐ 4 cups pkt spinach coarsely chopped

- ☐ 1 pound sweet potatoes and into peeled cut into 1/4-inch half slices
- ☐ 1 large tomatoes coarsely chopped
- ☐ 1 tablespoon vegetable oil
- ☐ 0.5 cup water

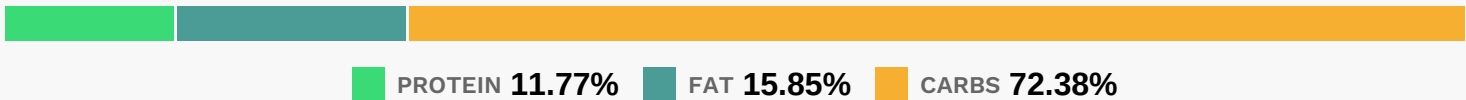
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in skillet.
- ☐ Add onion and garlic. Cook until onion is tender.
- ☐ Add potatoes and tomatoes. Cook 5 minutes.
- ☐ Add raisins, cinnamon, red pepper, broth and water.
- ☐ Heat to a boil. Cover and cook over low heat 15 minutes.
- ☐ Add chickpeas and spinach.
- ☐ Heat through.
- ☐ Serve over cooked rice or couscous, if desired.

Nutrition Facts



Properties

Glycemic Index:48.19, Glycemic Load:16.79, Inflammation Score:-10, Nutrition Score:22.131739354004%

Flavonoids

Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg, Kaempferol: 1.66mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg, Quercetin: 11.82mg

Nutrients (% of daily need)

Calories: 219.93kcal (11%), Fat: 4.08g (6.28%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 41.91g (13.97%), Net Carbohydrates: 33.82g (12.3%), Sugar: 6.54g (7.27%), Cholesterol: 0.99mg (0.33%), Sodium: 449.41mg (19.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.81g (13.63%), Vitamin A: 12915.96IU (258.32%), Vitamin K: 104.98µg (99.98%), Manganese: 1.16mg (58.07%), Vitamin B6: 0.66mg (32.97%), Fiber: 8.09g (32.34%), Potassium: 734.78mg (20.99%), Vitamin C: 16.58mg (20.1%), Folate: 79.97µg (19.99%), Copper: 0.34mg (16.98%), Magnesium: 67.42mg (16.86%), Phosphorus: 137.96mg (13.8%), Iron: 2.48mg (13.76%), Vitamin B1: 0.16mg (10.63%), Vitamin B2: 0.17mg (9.92%), Vitamin B5: 0.94mg (9.4%), Calcium: 92.57mg (9.26%), Vitamin E: 1.05mg (7%), Zinc: 1.04mg (6.96%), Vitamin B3: 1.17mg (5.86%), Selenium: 2.79µg (3.99%)