



5-a-day tagine



Vegetarian



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



297 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 4 carrots cut into chunks
- ☐ 4 small parsnips cut into chunks
- ☐ 3 onion red cut into wedges
- ☐ 2 bell pepper red deseeded cut into chunks
- ☐ 2 tbsp olive oil
- ☐ 1 tsp chili powder
- ☐ 400 g canned tomatoes chopped canned
- ☐ 2 small handfuls apricot dried soft

☐ 2 tsp honey

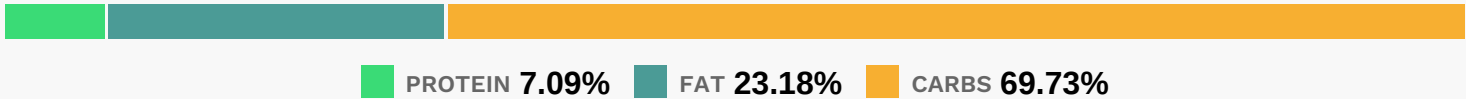
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Scatter the veg over a couple of baking trays, drizzle with half the oil, season, then rub the oil over the veg with your hands to coat. Roast for 30 mins until tender and beginning to brown.
- ☐ Meanwhile, fry the spices in the remaining oil for 1 min they should sizzle and start to smell aromatic. Tip in the tomatoes, apricots, honey and a can of water. Simmer for 5 mins until the sauce is slightly reduced and the apricots plump, then stir in the veg and some seasoning.
- ☐ Serve with couscous or jacket potatoes.

Nutrition Facts



Properties

Glycemic Index:70.38, Glycemic Load:18.58, Inflammation Score:-10, Nutrition Score:31.129565093828%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 18.55mg, Quercetin: 18.55mg, Quercetin: 18.55mg, Quercetin: 18.55mg

Nutrients (% of daily need)

Calories: 297.36kcal (14.87%), Fat: 8.25g (12.69%), Saturated Fat: 1.19g (7.43%), Carbohydrates: 55.84g (18.61%), Net Carbohydrates: 41.71g (15.17%), Sugar: 23.92g (26.57%), Cholesterol: 0mg (0%), Sodium: 206.67mg (8.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.36%), Vitamin A: 12488.41IU (249.77%), Vitamin C: 121.44mg (147.2%), Manganese: 1.33mg (66.34%), Fiber: 14.13g (56.53%), Vitamin K: 56.42µg (53.73%), Folate: 171.79µg (42.95%), Vitamin E: 6.21mg (41.37%), Potassium: 1336.3mg (38.18%), Vitamin B6: 0.66mg (33.08%), Copper: 0.45mg (22.42%), Magnesium: 88.9mg (22.22%), Vitamin B1: 0.33mg (21.77%), Phosphorus: 205.32mg (20.53%), Vitamin B3: 3.68mg (18.4%), Vitamin B5: 1.68mg (16.76%), Iron: 3.01mg (16.73%), Vitamin B2: 0.25mg

(14.46%), Calcium: 135.85mg (13.59%), Zinc: 1.66mg (11.06%), Selenium: 4.1µg (5.86%)