



 **93%**
HEALTH SCORE

Bell Pepper-and-Potato Tagine Over Couscous

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 2 baking potatoes peeled cut into 6 wedges (1 pound)
- 2 cups bell pepper strips green (1-inch)
- 2 cups bell pepper strips red (1-inch)
- 15.5 ounce chickpeas drained canned (garbanzo beans)
- 0.8 cup couscous uncooked
- 0.5 teaspoon pepper red crushed
- 3 tablespoons parsley fresh chopped
- 6 garlic cloves crushed

- 1.5 teaspoons mint flakes dried
- 2 teaspoons olive oil
- 1.8 cups onion diced
- 1 teaspoon salt
- 2 pounds tomatoes seeded chopped
- 2 tablespoons tomato paste
- 3 cups water

Equipment

- sauce pan
- slotted spoon
- dutch oven

Directions

- Heat olive oil in a Dutch oven over medium-high heat.
- Add onion and next 5 ingredients (onion through potatoes); cook 10 minutes, stirring occasionally.
- Add the bell peppers, salt, and chickpeas; saute for 5 minutes. Stir in tomato and water. Bring to a boil; partially cover, reduce heat, and simmer for 25 minutes or until the potatoes are tender.
- Remove vegetables with a slotted spoon. Set aside; keep warm. Reserve 1 cup of cooking liquid.
- Bring reserved cooking liquid to a boil in a medium saucepan; stir in harissa, if desired. Gradually stir in couscous.
- Remove from heat; cover and let stand for 5 minutes. Fluff with a fork.
- Serve with vegetables; sprinkle with chopped parsley.

Nutrition Facts



PROTEIN 14.59% **FAT 10.65%** **CARBS 74.76%**

Properties

Glycemic Index:80.82, Glycemic Load:32.27, Inflammation Score:-10, Nutrition Score:31.112608619358%

Flavonoids

Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg, Naringenin: 1.23mg Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg, Apigenin: 5.18mg Luteolin: 3.21mg, Luteolin: 3.21mg, Luteolin: 3.21mg, Luteolin: 3.21mg Isorhamnetin: 2.81mg, Isorhamnetin: 2.81mg, Isorhamnetin: 2.81mg, Isorhamnetin: 2.81mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 13.94mg, Quercetin: 13.94mg, Quercetin: 13.94mg, Quercetin: 13.94mg

Nutrients (% of daily need)

Calories: 351.3kcal (17.57%), Fat: 4.35g (6.69%), Saturated Fat: 0.62g (3.85%), Carbohydrates: 68.72g (22.91%), Net Carbohydrates: 56.53g (20.55%), Sugar: 12.46g (13.84%), Cholesterol: 0mg (0%), Sodium: 795.19mg (34.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.41g (26.81%), Vitamin C: 163.87mg (198.63%), Vitamin A: 3988.39IU (79.77%), Manganese: 1.58mg (78.94%), Vitamin B6: 1.33mg (66.31%), Vitamin K: 64.75µg (61.66%), Fiber: 12.2g (48.79%), Potassium: 1366.26mg (39.04%), Folate: 115.7µg (28.92%), Copper: 0.53mg (26.49%), Phosphorus: 261.71mg (26.17%), Magnesium: 100.83mg (25.21%), Vitamin B3: 4.2mg (21%), Vitamin B1: 0.31mg (20.89%), Iron: 3.74mg (20.78%), Vitamin E: 2.76mg (18.43%), Vitamin B5: 1.36mg (13.64%), Zinc: 1.83mg (12.23%), Vitamin B2: 0.2mg (11.68%), Calcium: 108.81mg (10.88%), Selenium: 3.33µg (4.76%)