



 **100%**  
HEALTH SCORE

## Chickpea and Broccoli Bowl with Tahini Sauce

 Vegetarian

 Vegan

 Gluten Free

 Dairy Free

 Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



351 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup baby carrots sliced
- 1 large bunch broccoli cut into small florets
- 1 tablespoon chia seeds for thickness (optional,)
- 3 cups chickpeas cooked drained (2 cans)
- 3 cups quinoa cooked uncooked (made from 1 cup grain)
- 2 teaspoons cumin seeds
- 4 cloves garlic minced
- 0.5 teaspoon ground cumin

- 3 tablespoons juice of lemon fresh
- 2 medium onion chopped
- 2 teaspoons paprika smoked spanish hot (or a combination)
- 6 servings salt to taste
- 2 tablespoons tahini
- 0.3 cup water

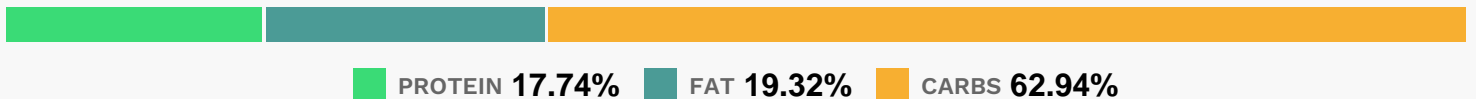
## Equipment

- bowl
- sauce pan

## Directions

- Heat a large, non-stick saucepan.
- Add the onions and cook until they soften and begin to brown, about 5 minutes. (
- Add water by the tablespoon if necessary to prevent sticking.)
- Add the garlic and cumin seeds and cook 1-2 minutes, until fragrant.
- Add the chickpeas, water, paprika, and cumin. Stir well, cover, and cook on low, stirring often, for 10-15 minutes. (Most of the liquid will evaporate, but if they get too dry, add water by the tablespoon.) Check seasoning and add salt to taste. While the chickpeas are cooking, steam the broccoli and carrots for about 5 minutes, until tender but still brightly colored. Assemble the bowl with grain on the bottom and chickpeas and vegetables on top. Stir or blend the sauce, adding water if it's too thick, and drizzle over all.

## Nutrition Facts



## Properties

Glycemic Index:32.13, Glycemic Load:15.54, Inflammation Score:-10, Nutrition Score:35.72173914702%

## Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 8.19mg, Kaempferol: 8.19mg, Kaempferol: 8.19mg, Kaempferol: 8.19mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 10.81mg, Quercetin: 10.81mg, Quercetin: 10.81mg, Quercetin: 10.81mg

## **Nutrients (% of daily need)**

Calories: 351.02kcal (17.55%), Fat: 7.9g (12.16%), Saturated Fat: 1.04g (6.5%), Carbohydrates: 57.92g (19.31%), Net Carbohydrates: 43.92g (15.97%), Sugar: 9.33g (10.37%), Cholesterol: 0mg (0%), Sodium: 262.38mg (11.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.33g (32.66%), Vitamin C: 98.56mg (119.47%), Vitamin K: 109.41µg (104.2%), Manganese: 1.85mg (92.41%), Vitamin A: 3944.67IU (78.89%), Folate: 264.31µg (66.08%), Fiber: 14.01g (56.03%), Phosphorus: 428.46mg (42.85%), Magnesium: 142.38mg (35.6%), Copper: 0.67mg (33.57%), Iron: 5.87mg (32.59%), Vitamin B1: 0.39mg (26.3%), Vitamin B6: 0.53mg (26.26%), Potassium: 899mg (25.69%), Zinc: 3.2mg (21.31%), Vitamin B2: 0.31mg (18.42%), Selenium: 11.73µg (16.76%), Calcium: 152.23mg (15.22%), Vitamin E: 1.91mg (12.75%), Vitamin B3: 2.21mg (11.03%), Vitamin B5: 0.98mg (9.84%)