



Chickpea and Winter Vegetable Stew



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



255 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups butternut squash cubed peeled (1-inch)
- ☐ 15.5 ounce chickpeas drained canned (garbanzo beans)
- ☐ 0.5 teaspoon caraway seeds crushed
- ☐ 1 cup carrots ()
- ☐ 1.3 cups couscous uncooked
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon ground coriander

- ☐ 0.1 teaspoon ground cumin
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon harissa
- ☐ 1.5 teaspoons honey
- ☐ 1 cup leek ()
- ☐ 8 lemon wedges
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 cup onion chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 teaspoons tomato paste
- ☐ 1 pound turnips peeled cut into 8 wedges (2 medium)
- ☐ 3.7 cups simple vegetable stock divided
- ☐ 0.8 cup yukon gold potatoes cubed peeled (1-inch)

Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat oil in a large saucepan over medium-high heat.
- ☐ Add onion and leek; saut 5 minutes.
- ☐ Add coriander and next 4 ingredients (through garlic); cook 1 minute, stirring constantly.
- ☐ Add 3 cups Simple Vegetable Stock and the next 8 ingredients (through chickpeas); bring to a boil. Cover, reduce heat, and simmer 30 minutes. Stir in parsley and honey.
- ☐ Remove 2/3 cup hot cooking liquid from squash mixture.
- ☐ Place cooking liquid and remaining 2/3 cup stock in a medium bowl. Stir in couscous. Cover and let stand 5 minutes. Fluff with a fork.
- ☐ Serve with lemon wedges.

Nutrition Facts



 **PROTEIN 13.12%**  **FAT 8.85%**  **CARBS 78.03%**

Properties

Glycemic Index:79.34, Glycemic Load:23.32, Inflammation Score:-10, Nutrition Score:19.605652145717%

Flavonoids

Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg, Quercetin: 4.48mg

Nutrients (% of daily need)

Calories: 255.12kcal (12.76%), Fat: 2.59g (3.99%), Saturated Fat: 0.34g (2.1%), Carbohydrates: 51.46g (17.15%), Net Carbohydrates: 43.62g (15.86%), Sugar: 7.99g (8.88%), Cholesterol: 0mg (0%), Sodium: 894.9mg (38.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.65g (17.3%), Vitamin A: 7023.12IU (140.46%), Manganese: 0.98mg (49.12%), Vitamin C: 40.22mg (48.75%), Vitamin K: 39.89µg (38%), Fiber: 7.83g (31.34%), Vitamin B6: 0.56mg (28.09%), Potassium: 612.53mg (17.5%), Phosphorus: 155.72mg (15.57%), Magnesium: 61.89mg (15.47%), Copper: 0.3mg (15.07%), Folate: 60.18µg (15.05%), Iron: 2.25mg (12.53%), Vitamin B1: 0.18mg (11.96%), Vitamin B3: 2.31mg (11.53%), Vitamin B5: 0.97mg (9.72%), Calcium: 90.09mg (9.01%), Zinc: 1.04mg (6.92%), Vitamin E: 1.02mg (6.79%), Vitamin B2: 0.09mg (5.32%), Selenium: 2.23µg (3.19%)