



HEALTH SCORE

100%

Cumin-Infused Vegetables and Chickpeas over Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



8

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 32 oz canned tomatoes diced with their juice canned (fire-roasted preferred)
- 4 cups cauliflower florets
- 0.3 teaspoon ground pepper to taste ()
- 30 oz chickpeas rinsed drained canned
- 8 servings hot sauce hot for the table
- 1 medium eggplant cut into 1/2-inch cubes
- 2 cloves garlic minced

- 4 garlic clove minced
- 0.5 teaspoon ground cardamom
- 4 teaspoons ground cumin
- 1 large onion chopped
- 1.5 cups quinoa rinsed well
- 1 cup raisins
- 1 teaspoon water (optional, if using water)
- 2 teaspoons paprika smoked
- 1 teaspoon turmeric
- 3 cups vegetable stock (with vegetable bouillon or salt)
- 2 medium zucchini cut into 1/2-inch cubes

Equipment

- frying pan
- sauce pan

Directions

- Heat a large non-stick skillet over medium-high heat.
- Add the onion and sauté 2 minutes.
- Sprinkle in the garlic, cumin, turmeric, paprika, cardamom, and cayenne and cook 2 minutes more, stirring often. Stir in the cauliflower, eggplant, chick-peas, tomatoes, raisins, and 1/2 cup of water. Cover the pan and lower the heat to medium. Cook, stirring occasionally, for 10 minutes.
- Add the zucchini and continue to cook covered until it is just beginning to be tender, about 10 minutes.
- Add salt to taste. While the vegetables are cooking, prepare the quinoa.
- Heat a large saucepan and add the rinsed and drained quinoa. Toast it, stirring constantly, until it is almost dry.
- Add the vegetable broth or water and bouillon and the garlic, bring to a boil, and stir in the salt if you're using it. Turn heat to very low, cover, and cook for 15-20 minutes, until all liquid is

absorbed.

Remove from heat until needed. Fluff with a fork before serving.

Serve with the vegetable mixture mounded in the center of the quinoa and a jar of harissa or hot chile sauce for individual seasoning.

Nutrition Facts



Properties

Glycemic Index:49.19, Glycemic Load:17.66, Inflammation Score:-10, Nutrition Score:33.234782633574%

Flavonoids

Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg, Delphinidin: 49.06mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg, Isorhamnetin: 0.94mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg, Quercetin: 4.46mg

Nutrients (% of daily need)

Calories: 438.63kcal (21.93%), Fat: 5.86g (9.02%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 84.09g (28.03%), Net Carbohydrates: 66.43g (24.16%), Sugar: 15.95g (17.72%), Cholesterol: 0mg (0%), Sodium: 542.32mg (23.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.99g (37.98%), Manganese: 2.45mg (122.75%), Folate: 313.79µg (78.45%), Fiber: 17.66g (70.62%), Vitamin C: 49.31mg (59.77%), Copper: 0.94mg (47.25%), Phosphorus: 445.04mg (44.5%), Iron: 7.97mg (44.27%), Magnesium: 174.14mg (43.53%), Potassium: 1453.89mg (41.54%), Vitamin B6: 0.8mg (39.95%), Vitamin B1: 0.43mg (28.98%), Zinc: 3.49mg (23.24%), Vitamin B2: 0.38mg (22.12%), Vitamin K: 22.78µg (21.69%), Vitamin E: 3.05mg (20.32%), Vitamin B3: 3.63mg (18.15%), Vitamin A: 861.56IU (17.23%), Calcium: 154.59mg (15.46%), Vitamin B5: 1.52mg (15.17%), Selenium: 8.52µg (12.16%)