



 **70%**
HEALTH SCORE

Curried Couscous With Chickpeas

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



20 min.

SERVINGS



3

CALORIES



477 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

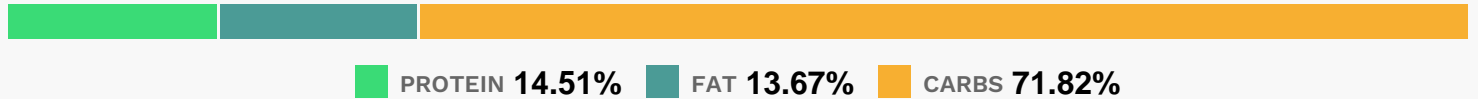
Ingredients

- 1 cup chickpeas canned rinsed drained (and)
- 1 cup couscous uncooked ()
- 0.5 teaspoon cumin
- 1 teaspoon curry powder
- 1 cup corn frozen
- 2 garlic clove minced
- 1 tablespoon olive oil
- 1 medium onion chopped

- 1 cup peas frozen
- 0.3 teaspoon pepper
- 0.5 bell pepper sweet red chopped
- 0.5 bell pepper sweet red chopped
- 1 dash pepper red
- 0.3 teaspoon salt
- 1 cup frangelico diced with juice
- 1 cup vegetable stock

Equipment

Nutrition Facts



Properties

Glycemic Index:114.36, Glycemic Load:33.73, Inflammation Score:-9, Nutrition Score:25.665217391304%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg, Quercetin: 7.57mg

Nutrients (% of daily need)

Calories: 476.59kcal (23.83%), Fat: 7.42g (11.41%), Saturated Fat: 1.02g (6.39%), Carbohydrates: 87.67g (29.22%), Net Carbohydrates: 74.52g (27.1%), Sugar: 9.3g (10.33%), Cholesterol: 0mg (0%), Sodium: 526.86mg (22.91%), Protein: 17.71g (35.43%), Vitamin C: 78.22mg (94.81%), Manganese: 1.49mg (74.26%), Fiber: 13.14g (52.57%), Folate: 185.35µg (46.34%), Vitamin A: 1818.04IU (36.36%), Phosphorus: 318.28mg (31.83%), Vitamin B1: 0.39mg (25.93%), Vitamin B6: 0.51mg (25.7%), Magnesium: 97.34mg (24.34%), Copper: 0.49mg (24.3%), Vitamin B3: 4.72mg (23.62%), Iron: 4.04mg (22.43%), Potassium: 698.89mg (19.97%), Vitamin K: 20.1µg (19.14%), Zinc: 2.53mg (16.87%), Vitamin B2: 0.24mg (14.18%), Vitamin B5: 1.27mg (12.7%), Vitamin E: 1.73mg (11.56%), Calcium: 77.05mg (7.7%), Selenium: 3.99µg (5.69%)