



WHATSheATe



HEALTH SCORE

79%

Curried Vegetables on Couscous



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



461 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 cups baking potato cubed peeled () (11/2 pounds)
- ☐ 30 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1 cup diagonally cut carrot ()
- ☐ 0.3 teaspoon cayenne pepper
- ☐ 3 cups couscous hot cooked
- ☐ 2 teaspoons cumin seeds
- ☐ 2 tablespoons curry powder
- ☐ 6 tablespoons yogurt plain fat-free

- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 1 bell pepper green cut into 1/2-inch-wide strips
- ☐ 4 green onion tops cut into 1-inch pieces
- ☐ 6 tablespoons mango chutney
- ☐ 1 cup onion chopped
- ☐ 6 tablespoons raisins
- ☐ 1 teaspoon salt
- ☐ 1.5 pounds tomatoes cubed

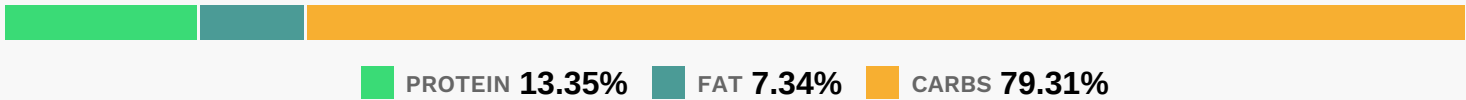
Equipment

- ☐ bowl
- ☐ slow cooker

Directions

- ☐ Place potato in a 4-quart electric slow cooker.
- ☐ Combine tomato and next 9 ingredients (through garlic) in a bowl; stir well. Spoon over potato. Cover and cook on LOW for 9 hours. Stir in cilantro and green onions.
- ☐ Serve over couscous; top with chutney, raisins, and yogurt.

Nutrition Facts



Properties

Glycemic Index:93.62, Glycemic Load:47.07, Inflammation Score:-10, Nutrition Score:31.376521577006%

Flavonoids

Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg, Naringenin: 0.77mg Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg, Luteolin: 0.96mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 7.9mg, Quercetin: 7.9mg,

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Nutrients (% of daily need)

Calories: 460.91kcal (23.05%), Fat: 3.91g (6.01%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 94.99g (31.66%), Net Carbohydrates: 81.35g (29.58%), Sugar: 17.82g (19.8%), Cholesterol: 0.4mg (0.13%), Sodium: 842.74mg (36.64%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.99g (31.98%), Vitamin A: 4808.87IU (96.18%), Manganese: 1.8mg (90.11%), Vitamin B6: 1.35mg (67.38%), Vitamin C: 45.86mg (55.59%), Fiber: 13.65g (54.58%), Potassium: 1344.72mg (38.42%), Selenium: 26.84µg (38.34%), Vitamin K: 36.71µg (34.96%), Phosphorus: 294.73mg (29.47%), Iron: 5.1mg (28.35%), Copper: 0.56mg (27.81%), Magnesium: 106.2mg (26.55%), Folate: 103.33µg (25.83%), Vitamin B1: 0.3mg (20.24%), Calcium: 168.59mg (16.86%), Vitamin B3: 3.37mg (16.84%), Zinc: 2.19mg (14.6%), Vitamin B5: 1.39mg (13.87%), Vitamin B2: 0.23mg (13.5%), Vitamin E: 1.52mg (10.15%), Vitamin B12: 0.12µg (2.03%)