

 100%
HEALTH SCORE

Harissa



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



686 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon caraway seeds toasted
- ☐ 1 teaspoon coriander seeds toasted
- ☐ 1 teaspoon cumin seeds toasted
- ☐ 4 cloves garlic
- ☐ 2 tablespoons juice of lemon (-)
- ☐ 1 tablespoon olive oil
- ☐ 1 medium onion cut into 8 wedges
- ☐ 4 plum tomatoes quartered

- ☐ 4 ounces chilies dried red
- ☐ 4 ounces chilies red (optionally/preferably roasted)
- ☐ 2 roasted peppers red
- ☐ 1 serving salt to taste
- ☐ 0.5 teaspoon paprika smoked

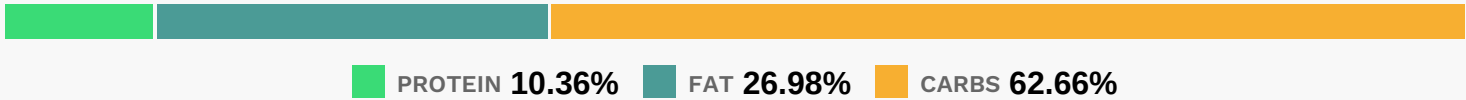
Equipment

- ☐ food processor
- ☐ blender

Directions

- ☐ Pour boiling water over the chilies, let them soak for 30 minutes and optionally remove the seeds.Puree everything in food processor or blender.

Nutrition Facts



Properties

Glycemic Index:160, Glycemic Load:9.71, Inflammation Score:-10, Nutrition Score:54.29086921526%

Flavonoids

Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 2.1mg, Naringenin: 2.1mg, Naringenin: 2.1mg, Naringenin: 2.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg, Isorhamnetin: 5.51mg Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg, Kaempferol: 0.97mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 24.09mg, Quercetin: 24.09mg, Quercetin: 24.09mg, Quercetin: 24.09mg

Nutrients (% of daily need)

Calories: 685.91kcal (34.3%), Fat: 23.27g (35.8%), Saturated Fat: 3.16g (19.73%), Carbohydrates: 121.58g (40.53%), Net Carbohydrates: 79.1g (28.76%), Sugar: 64.79g (71.99%), Cholesterol: 0mg (0%), Sodium: 1344.75mg (58.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 20.11g (40.22%), Vitamin A: 34097.36IU (681.95%), Vitamin C: 291.44mg (353.26%), Fiber: 42.48g (169.92%), Vitamin K: 168.15µg (160.14%), Vitamin B6: 2.15mg (107.72%), Manganese: 2.04mg (101.87%), Potassium: 3532.21mg (100.92%), Vitamin B2: 1.61mg (94.88%), Vitamin B3: 13.67mg

(68.34%), Iron: 12.01mg (66.71%), Vitamin E: 8.18mg (54.55%), Magnesium: 197.96mg (49.49%), Folate: 161.1µg (40.28%), Copper: 0.79mg (39.66%), Phosphorus: 388.7mg (38.87%), Vitamin B1: 0.39mg (26.26%), Calcium: 219.99mg (22%), Vitamin B5: 1.83mg (18.32%), Zinc: 2.69mg (17.94%), Selenium: 7.98µg (11.39%)