



HEALTH SCORE

75%

Marrakesh Vegetable Curry



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



50 min.

SERVINGS



6

CALORIES



351 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.3 cup blanched almonds and
- ☐ 15 ounce garbanzo beans drained canned
- ☐ 2 carrots chopped
- ☐ 0.8 teaspoon cayenne pepper
- ☐ 1 tablespoon curry powder
- ☐ 1 medium eggplant cubed
- ☐ 3 cloves garlic minced
- ☐ 1 bell pepper green chopped

- ☐ 1 teaspoon ground cinnamon
- ☐ 1 teaspoon ground turmeric
- ☐ 6 tablespoons olive oil
- ☐ 1 onion chopped
- ☐ 1 cup orange juice
- ☐ 2 tablespoons raisins
- ☐ 1 bell pepper red chopped
- ☐ 0.8 tablespoon sea salt
- ☐ 10 ounces pkt spinach
- ☐ 1 sweet potatoes and into cubed peeled
- ☐ 1 zucchini sliced

Equipment

- ☐ sauce pan
- ☐ pot
- ☐ dutch oven

Directions

- ☐ In a large Dutch oven place sweet potato, eggplant, peppers, carrots, onion, and three tablespoons oil.
- ☐ Saute over medium heat for 5 minutes.
- ☐ In a medium saucepan place 3 tablespoons olive oil, garlic, turmeric, curry powder, cinnamon, salt and pepper and saute over medium heat for 3 minutes.
- ☐ Pour garlic and spice mixture into the Dutch oven with vegetables in it.
- ☐ Add the garbanzo beans, almonds, zucchini, raisins, and orange juice. Simmer 20 minutes, covered.
- ☐ Add spinach to pot and cook for 5 more minutes.
- ☐ Serve!

Nutrition Facts



Properties

Glycemic Index:79.83, Glycemic Load:13.14, Inflammation Score:-10, Nutrition Score:33.036086911741%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg, Naringenin: 0.88mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg, Luteolin: 1.46mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg, Kaempferol: 3.21mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg, Quercetin: 6.5mg

Nutrients (% of daily need)

Calories: 351.23kcal (17.56%), Fat: 19.06g (29.32%), Saturated Fat: 2.47g (15.45%), Carbohydrates: 41.03g (13.68%), Net Carbohydrates: 29.88g (10.86%), Sugar: 12.13g (13.48%), Cholesterol: 0mg (0%), Sodium: 1151.51mg (50.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.15g (18.3%), Vitamin A: 14157.5IU (283.15%), Vitamin K: 248.01µg (236.2%), Vitamin C: 87.48mg (106.03%), Manganese: 1.71mg (85.45%), Fiber: 11.16g (44.63%), Folate: 173.71µg (43.43%), Vitamin B6: 0.85mg (42.52%), Vitamin E: 5.43mg (36.22%), Potassium: 1115.99mg (31.89%), Magnesium: 115.25mg (28.81%), Copper: 0.44mg (22.14%), Iron: 3.91mg (21.7%), Phosphorus: 193.3mg (19.33%), Vitamin B2: 0.29mg (16.9%), Vitamin B1: 0.24mg (15.8%), Calcium: 140.01mg (14%), Vitamin B3: 2.29mg (11.45%), Vitamin B5: 1.09mg (10.93%), Zinc: 1.51mg (10.04%), Selenium: 3.21µg (4.59%)