



WHATSheATE



HEALTH SCORE

95%

Mediterranean Grilled Vegetable Tagine



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



524 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 28 ounce canned tomatoes diced undrained canned
- ☐ 0.7 cup couscous uncooked
- ☐ 0.5 teaspoon fennel seeds crushed
- ☐ 2 garlic cloves minced
- ☐ 0.3 cup golden raisins
- ☐ 1 bell pepper green quartered

- ☐ 0.3 cup olives green pitted sliced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt divided
- ☐ 1 teaspoon olive oil divided
- ☐ 1.8 cups onion chopped
- ☐ 0.3 cup pinenuts toasted
- ☐ 2 bell peppers red quartered
- ☐ 1 small onion red
- ☐ 6 small potatoes red quartered
- ☐ 1.3 cups water divided

Equipment

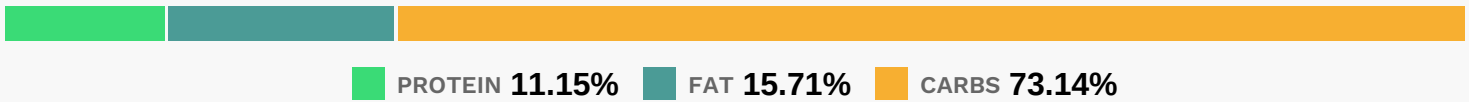
- ☐ frying pan
- ☐ sauce pan
- ☐ grill
- ☐ ziploc bags

Directions

- ☐ Cut red onion into 4 wedges, leaving root end intact.
- ☐ Place red onion, bell peppers, vinegar, 1/4 teaspoon salt, and 1/2 teaspoon oil in a zip-top plastic bag. Seal bag; toss well to coat.
- ☐ Prepare grill.
- ☐ Heat 1/2 teaspoon oil in a large nonstick skillet over medium-high heat.
- ☐ Add chopped onion and garlic; saut 3 minutes.
- ☐ Add cumin, fennel, and cinnamon; saut 1 minute.
- ☐ Add 1/4 teaspoon salt, 1/4 cup water, olives, raisins, black pepper, tomatoes, and potatoes; bring to a boil. Cover, reduce heat, and simmer 25 minutes or until potatoes are just tender.

- ☐
- Remove bell peppers and red onion from bag, discarding marinade; place on grill rack coated with cooking spray. Grill 10 minutes, turning frequently.
- ☐
- Bring 1 cup of water to a boil in a medium saucepan; gradually stir in couscous.
- ☐
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐
- Serve tomato mixture over couscous. Top with grilled bell peppers and red onions; sprinkle with pine nuts.

Nutrition Facts



Properties

Glycemic Index:94.42, Glycemic Load:24.74, Inflammation Score:-10, Nutrition Score:36.489999833314%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg, Luteolin: 1.83mg Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg, Isorhamnetin: 4.88mg Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg, Kaempferol: 0.91mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 22.49mg, Quercetin: 22.49mg, Quercetin: 22.49mg, Quercetin: 22.49mg

Nutrients (% of daily need)

Calories: 523.86kcal (26.19%), Fat: 9.69g (14.91%), Saturated Fat: 1.04g (6.53%), Carbohydrates: 101.5g (33.83%), Net Carbohydrates: 87.31g (31.75%), Sugar: 25.48g (28.32%), Cholesterol: 0mg (0%), Sodium: 747.12mg (32.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.47g (30.95%), Vitamin C: 148.4mg (179.88%), Manganese: 2.05mg (102.34%), Potassium: 2255.3mg (64.44%), Vitamin B6: 1.18mg (59.1%), Fiber: 14.19g (56.78%), Copper: 1.02mg (51.23%), Vitamin A: 2462.96IU (49.26%), Magnesium: 158.12mg (39.53%), Vitamin B3: 7.75mg (38.73%), Phosphorus: 383.8mg (38.38%), Vitamin B1: 0.54mg (35.79%), Iron: 6.44mg (35.76%), Folate: 129.85µg (32.46%), Vitamin E: 4.86mg (32.41%), Vitamin K: 29.3µg (27.91%), Vitamin B5: 2.01mg (20.12%), Vitamin B2: 0.33mg (19.5%), Zinc: 2.61mg (17.41%), Calcium: 155.25mg (15.52%), Selenium: 3.46µg (4.94%)