



Moroccan Butternut Squash, Chickpea and Quinoa Tagine

 Vegetarian  Gluten Free  Dairy Free  Popular

READY IN



40 min.

SERVINGS



4

CALORIES



419 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 cups butternut squash peeled seeded cut into bite sized pieces
- ☐ 19 ounce chickpeas drained and rinsed canned
- ☐ 0.5 teaspoon cayenne pepper
- ☐ 2.5 cup meat from a rotisserie chicken
- ☐ 1 handful cilantro leaves chopped
- ☐ 1 tablespoon garlic grated
- ☐ 1 tablespoon ginger grated

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.5 teaspoon ground turmeric
- ☐ 1 tablespoon harissa
- ☐ 1 tablespoon honey
- ☐ 1 tablespoon oil
- ☐ 0.3 cup olives coarsely chopped
- ☐ 1 small onion diced
- ☐ 0.3 simple preserved lemons diced
- ☐ 1 cup quinoa rinsed
- ☐ 0.3 cup raisins
- ☐ 4 servings salt and pepper to taste

Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic, ginger, turmeric, cumin, coriander, cinnamon, and cayenne pepper and saute until fragrant, about a minute.
- ☐ Add the quinoa, broth, chickpeas, harissa, honey, raisins, olives, preserved lemon, salt and pepper, bring to a boil, reduce the heat and simmer, covered, for 10 minutes.
- ☐ Add the butternut squash and continue to simmer, covered, until tender, about 10 minutes.
- ☐ Mix in the cilantro and remove from heat.

Nutrition Facts



Properties

Glycemic Index:86.85, Glycemic Load:12.49, Inflammation Score:-10, Nutrition Score:27.401304555976%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg, Quercetin: 4.12mg

Nutrients (% of daily need)

Calories: 418.76kcal (20.94%), Fat: 10.34g (15.91%), Saturated Fat: 1.07g (6.7%), Carbohydrates: 71.4g (23.8%), Net Carbohydrates: 59.32g (21.57%), Sugar: 8.49g (9.43%), Cholesterol: 0mg (0%), Sodium: 1347.62mg (58.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.26g (28.52%), Vitamin A: 8014.6IU (160.29%), Manganese: 2.28mg (114.07%), Vitamin B6: 1.04mg (52.04%), Fiber: 12.09g (48.34%), Magnesium: 154.11mg (38.53%), Phosphorus: 347.39mg (34.74%), Folate: 136.33µg (34.08%), Copper: 0.58mg (28.92%), Iron: 4.87mg (27.04%), Potassium: 840.65mg (24.02%), Vitamin C: 18.56mg (22.5%), Vitamin E: 3.18mg (21.21%), Vitamin B1: 0.3mg (19.86%), Zinc: 2.5mg (16.66%), Calcium: 124.84mg (12.48%), Vitamin B2: 0.2mg (12.04%), Vitamin B5: 1.06mg (10.64%), Selenium: 7.38µg (10.55%), Vitamin B3: 1.96mg (9.81%), Vitamin K: 7.11µg (6.77%)