



Moroccan Chickpea-and-Couscous-Stuffed Peppers

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



434 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1.3 cups chickpeas canned drained (garbanzo beans)
- ☐ 0.3 cup couscous uncooked
- ☐ 2 ounces feta cheese with garlic and herbs, divided crumbled
- ☐ 2 tablespoons mint leaves fresh divided chopped
- ☐ 4 garlic cloves minced
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 teaspoon ground cumin

- ☐ 0.5 teaspoon ground turmeric
- ☐ 2 tablespoons mango chutney hot
- ☐ 2 teaspoons olive oil
- ☐ 2 large bell peppers red
- ☐ 0.8 cup vegetable broth

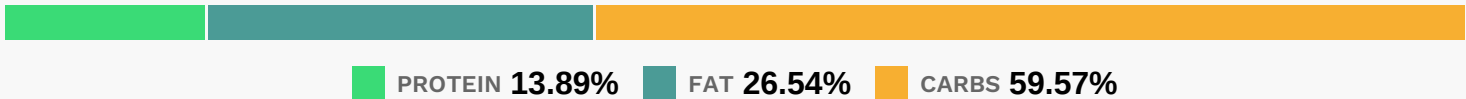
Equipment

- ☐ sauce pan
- ☐ plastic wrap
- ☐ microwave

Directions

- ☐ Cut bell peppers in half lengthwise; discard seeds and membranes. Arrange halves in a 9-inch pie plate. Cover with heavy-duty plastic wrap. Microwave at HIGH 5 minutes or until crisp-tender; drain. Return peppers to pie plate.
- ☐ Heat the oil in a large saucepan over medium heat.
- ☐ Add garlic; saut 2 minutes.
- ☐ Add the cumin, turmeric, and cinnamon, and saut for 30 seconds. Stir in chickpeas and broth; bring to a boil. Stir in couscous; remove from heat. Cover and let stand 5 minutes or until liquid is absorbed. Stir in 6 tablespoons cheese and 1 tablespoon mint. Divide couscous mixture evenly among pepper halves. Top each pepper half with 1 1/2 teaspoons cheese, 3/4 teaspoon mint, and 1 1/2 teaspoons chutney.

Nutrition Facts



Properties

Glycemic Index:154.67, Glycemic Load:28.49, Inflammation Score:-10, Nutrition Score:29.812608667042%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg

0.27mg Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg, Luteolin: 1.64mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg, Quercetin: 0.48mg

Nutrients (% of daily need)

Calories: 434.46kcal (21.72%), Fat: 13.16g (20.24%), Saturated Fat: 4.72g (29.5%), Carbohydrates: 66.45g (22.15%), Net Carbohydrates: 55.72g (20.26%), Sugar: 17.43g (19.37%), Cholesterol: 25.23mg (8.41%), Sodium: 999.18mg (43.44%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.49g (30.98%), Vitamin C: 215.43mg (261.13%), Vitamin A: 5678.61IU (113.57%), Manganese: 1.58mg (78.87%), Vitamin B6: 1.24mg (62.14%), Fiber: 10.73g (42.93%), Folate: 125.95µg (31.49%), Phosphorus: 295.29mg (29.53%), Vitamin B2: 0.46mg (26.8%), Calcium: 231.55mg (23.16%), Vitamin E: 3.29mg (21.9%), Iron: 3.58mg (19.9%), Magnesium: 76.52mg (19.13%), Potassium: 659.51mg (18.84%), Copper: 0.34mg (16.9%), Vitamin B3: 3.22mg (16.11%), Zinc: 2.41mg (16.05%), Vitamin B1: 0.24mg (15.83%), Vitamin B5: 1.54mg (15.37%), Selenium: 7.91µg (11.3%), Vitamin K: 11.23µg (10.69%), Vitamin B12: 0.48µg (7.99%)