



 **96%**
HEALTH SCORE

Moroccan chickpea and lentil stew

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



30 min.

SERVINGS



3

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup broccoli
- 1 can garbanzo beans rinsed drained
- 2 large carrots chopped
- 2 celery stalks chopped
- 0.5 cup lentils cooked
- 1 cup couscous
- 3 servings cilantro leaves fresh
- 0.1 tsp ground cinnamon

- 2 tsp ground cumin
- 0.5 tsp turmeric
- 1 Tbs juice of lemon
- 2 tsp olive oil
- 2 tsp paprika
- 3 servings salt and pepper
- 2 Tbs tomato paste
- 1.5 cups water

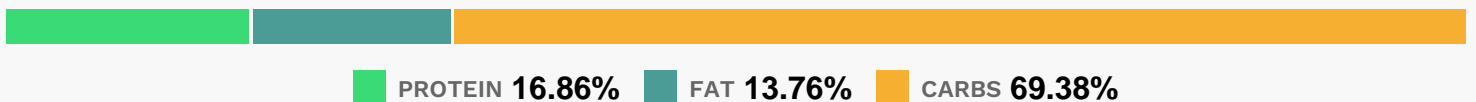
Equipment

- frying pan
- sauce pan

Directions

- Heat oil in large saucepan over medium-high heat, add onion and cook for about 3 minutes.
- Add celery, carrot and broccoli to pan and saut for about 5 minutes.
- Add in all seasonings and cook additional 1 minute.
- Add water, tomato paste, chickpeas and lentils, bring to a boil. Cover, reduce heat to low and simmer for 20 minutes. Meanwhile, cook couscous in separate pan according to package directions.
- Add cilantro and lemon juice to stew and serve over warm couscous.

Nutrition Facts



Properties

Glycemic Index:117.61, Glycemic Load:36.58, Inflammation Score:-10, Nutrition Score:30.082173913043%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg,

Naringenin: 0.07mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg, Kaempferol: 2.42mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Taste

Sweetness: 46.48%, Saltiness: 100%, Sourness: 39.12%, Bitterness: 70.03%, Savoriness: 54.6%, Fattiness: 54.1%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 465.29kcal (23.26%), Fat: 7.26g (11.17%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 82.4g (27.47%), Net Carbohydrates: 66.85g (24.31%), Sugar: 5.03g (5.59%), Cholesterol: 0mg (0%), Sodium: 758.7mg (32.99%), Protein: 20.02g (40.05%), Vitamin A: 9181.09IU (183.62%), Manganese: 2.13mg (106.56%), Fiber: 15.55g (62.2%), Vitamin B6: 1.03mg (51.34%), Vitamin C: 34.24mg (41.5%), Vitamin K: 42.32µg (40.3%), Folate: 140.95µg (35.24%), Phosphorus: 336.85mg (33.69%), Iron: 5.65mg (31.41%), Copper: 0.58mg (28.87%), Magnesium: 104.61mg (26.15%), Potassium: 870.59mg (24.87%), Vitamin B3: 3.8mg (18.98%), Vitamin B1: 0.27mg (18.19%), Vitamin B5: 1.75mg (17.46%), Zinc: 2.41mg (16.06%), Vitamin E: 1.99mg (13.29%), Calcium: 129.24mg (12.92%), Vitamin B2: 0.2mg (11.57%), Selenium: 5.49µg (7.85%)