



 **68%**
HEALTH SCORE

Moroccan Chickpea Stew

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



315 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- 28 ounce canned tomatoes diced undrained canned
- 1 cup carrots diced (1 large)
- 1 teaspoon chili powder
- 3 cups brown rice hot cooked
- 2 garlic cloves minced
- 2 teaspoons ground cumin
- 0.5 teaspoon ground turmeric

- 1 jalapeno minced
- 0.5 cup yogurt plain low-fat
- 2 teaspoons olive oil
- 0.1 teaspoon salt
- 14 ounce vegetable broth organic canned (such as Swanson Certified)
- 1 cup onion diced yellow (1 medium)
- 1.5 cups yukon gold potatoes cubed peeled

Equipment

- frying pan
- sauce pan
- aluminum foil

Directions

- Heat olive oil in a large saucepan over medium-high heat.
- Add onion, carrot, garlic, and jalapeo to pan; saut 6 minutes or until tender. Stir in potato and next 7 ingredients (through broth). Bring to a boil. Cover, reduce heat, and simmer 15 minutes or until potato is tender.
- Serve over rice. Top with yogurt.
- Wine note: With spicy ethnic cuisine, seek out the German grape gewrztraminer, which yields wines with floral and lychee aromas, as well as natural sweetness that makes a perfect foil to the jalapeo and cumin in the stew. Chateau St. Jean Gewrztraminer 2006 (\$15), from Sonoma, California, offers classic honeysuckle and melon aromas, with a spice-friendly sweetness and snappy acidity that adds texture to the dish. -Jeffery Lindenmuth

Nutrition Facts



Properties

Glycemic Index:67.52, Glycemic Load:25.75, Inflammation Score:-10, Nutrition Score:25.484347929125%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg, Kaempferol: 0.7mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg, Quercetin: 6.01mg

Nutrients (% of daily need)

Calories: 315.09kcal (15.75%), Fat: 4.61g (7.1%), Saturated Fat: 0.81g (5.07%), Carbohydrates: 60.65g (20.22%), Net Carbohydrates: 50.5g (18.36%), Sugar: 10.57g (11.75%), Cholesterol: 1.23mg (0.41%), Sodium: 732.79mg (31.86%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.05g (22.11%), Manganese: 2.13mg (106.35%), Vitamin A: 4144.94IU (82.9%), Vitamin B6: 0.97mg (48.56%), Fiber: 10.15g (40.6%), Vitamin C: 30.47mg (36.93%), Magnesium: 115.29mg (28.82%), Potassium: 1006.55mg (28.76%), Copper: 0.53mg (26.69%), Phosphorus: 261.22mg (26.12%), Iron: 4.33mg (24.08%), Vitamin B1: 0.31mg (20.86%), Vitamin B3: 4.01mg (20.05%), Folate: 61.12µg (15.28%), Vitamin E: 2.24mg (14.95%), Calcium: 147.74mg (14.77%), Vitamin B5: 1.37mg (13.72%), Zinc: 1.99mg (13.24%), Vitamin K: 12.76µg (12.15%), Vitamin B2: 0.18mg (10.71%), Selenium: 3.53µg (5.04%), Vitamin B12: 0.11µg (1.91%)