



HEALTH SCORE

67%

Moroccan Eggplant with Couscous



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



344 kcal

SIDE DISH

Ingredients



1 cup carrots chopped



2 cups couscous uncooked



2 teaspoons curry powder



8 cups eggplant cubed peeled () (1 1/2 pounds)



2 garlic cloves minced



1 tablespoon gingerroot minced peeled



1 cup cabbage green chopped



1 teaspoon ground cinnamon

- ☐ 2 teaspoons ground cumin
- ☐ 1 tablespoon olive oil
- ☐ 1.5 cups onion chopped
- ☐ 1 cup orange juice
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 teaspoon salt
- ☐ 2.3 cups tomatoes chopped
- ☐ 2 cups sacramento tomato juice
- ☐ 1 cup water

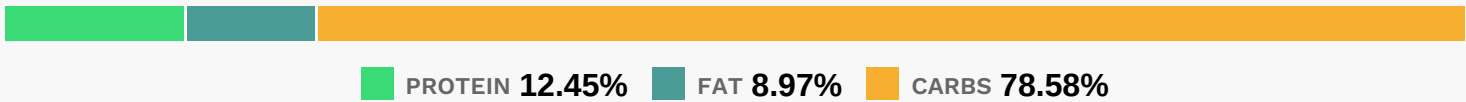
Equipment

- ☐ bowl
- ☐ oven
- ☐ dutch oven

Directions

- ☐ Combine first 5 ingredients in a small bowl; stir well.
- ☐ Heat oil in an ovenproof Dutch oven over medium-high heat.
- ☐ Add spice mixture, eggplant, and next 6 ingredients (eggplant through garlic); saut 3 minutes.
- ☐ Add tomato juice, orange juice, and water; bring to a boil. Reduce heat, and simmer 2 minutes.
- ☐ Remove from heat; stir in couscous. Cover and bake at 350 for 20 minutes.

Nutrition Facts



Properties

Glycemic Index:71.03, Glycemic Load:33.69, Inflammation Score:-10, Nutrition Score:21.980869593828%

Flavonoids

Delphinidin: 93.69mg, Delphinidin: 93.69mg, Delphinidin: 93.69mg, Delphinidin: 93.69mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg, Hesperetin: 4.94mg Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg, Naringenin: 1.28mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg, Quercetin: 9.66mg

Nutrients (% of daily need)

Calories: 343.58kcal (17.18%), Fat: 3.51g (5.39%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 69.12g (23.04%), Net Carbohydrates: 59.73g (21.72%), Sugar: 14.89g (16.55%), Cholesterol: 0mg (0%), Sodium: 235.45mg (10.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.95g (21.9%), Vitamin A: 4548.2IU (90.96%), Vitamin C: 54.83mg (66.46%), Manganese: 1.08mg (54.15%), Fiber: 9.39g (37.56%), Potassium: 932.86mg (26.65%), Vitamin K: 24.65µg (23.48%), Folate: 90.85µg (22.71%), Vitamin B6: 0.43mg (21.29%), Vitamin B3: 4.14mg (20.68%), Copper: 0.39mg (19.34%), Phosphorus: 189.94mg (18.99%), Vitamin B1: 0.28mg (18.76%), Magnesium: 74.24mg (18.56%), Vitamin B5: 1.5mg (15.01%), Iron: 2.39mg (13.26%), Vitamin E: 1.6mg (10.67%), Vitamin B2: 0.17mg (9.87%), Calcium: 79.82mg (7.98%), Zinc: 1.12mg (7.48%), Selenium: 1.19µg (1.7%)