



WHATSHEATE



HEALTH SCORE

100%

Moroccan Potato Casserole



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



105 min.

SERVINGS



6

CALORIES



169 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



4 stalks celery cut into 2 inch pieces



0.8 cup cilantro leaves fresh chopped



6 cloves garlic



1 large bell pepper green cut into 1 1/2 inch pieces



0.3 teaspoon ground pepper



0.5 teaspoon ground cumin



1 juice of lemon juiced



2 tablespoons olive oil

- ☐ 2 teaspoons paprika
- ☐ 0.8 cup parsley chopped
- ☐ 1 large bell pepper red cut into 1 inch pieces
- ☐ 1.5 pounds potatoes red sliced
- ☐ 3 tablespoons red wine vinegar
- ☐ 6 servings salt to taste
- ☐ 1 pound tomatoes cut into 8 wedges
- ☐ 1 bell pepper yellow cut into 1 1/2 inch squares

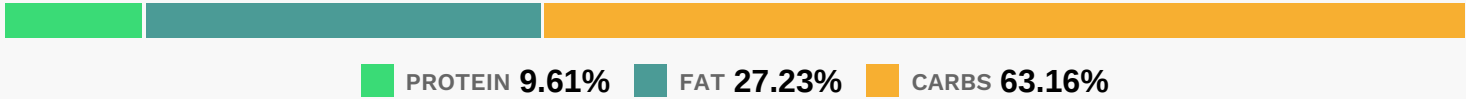
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 350 degrees F (175 degrees C).
- ☐ Combine garlic, 1/2 teaspoon salt, paprika, cumin, and cayenne in a food processor bowl. Process until mixture forms a paste.
- ☐ Add herbs, and pulse a few times to blend.
- ☐ Add lemon juice, vinegar, and 2 to 3 tablespoons olive oil; blend. Season to taste with salt.
- ☐ In a large bowl, combine potatoes, peppers, and celery. Season with salt, and toss with herb sauce.
- ☐ Transfer to a large shallow baking dish. Scatter tomatoes among the potato mixture.
- ☐ Drizzle 1 to 2 tablespoons oil over top, and cover with foil.
- ☐ Bake for 35 minutes.
- ☐ Remove foil. Continue baking until vegetables are tender, 20 to 30 minutes.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:1.7, Inflammation Score:-10, Nutrition Score:21.419565257819%

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: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg, Naringenin: 0.58mg Apigenin: 16.92mg, Apigenin: 16.92mg, Apigenin: 16.92mg, Apigenin: 16.92mg Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg, Luteolin: 2.02mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg, Myricetin: 1.3mg Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg, Quercetin: 3.3mg

Nutrients (% of daily need)

Calories: 168.83kcal (8.44%), Fat: 5.43g (8.35%), Saturated Fat: 0.79g (4.93%), Carbohydrates: 28.32g (9.44%), Net Carbohydrates: 23.19g (8.43%), Sugar: 5.93g (6.59%), Cholesterol: 0mg (0%), Sodium: 248.76mg (10.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.31g (8.61%), Vitamin C: 127.8mg (154.91%), Vitamin K: 153.11µg (145.82%), Vitamin A: 2886.5IU (57.73%), Potassium: 1004.04mg (28.69%), Vitamin B6: 0.51mg (25.67%), Manganese: 0.45mg (22.69%), Fiber: 5.13g (20.53%), Folate: 75.98µg (18.99%), Copper: 0.28mg (14.13%), Vitamin E: 2.04mg (13.58%), Vitamin B3: 2.64mg (13.2%), Magnesium: 52.14mg (13.03%), Iron: 2.26mg (12.57%), Phosphorus: 125.12mg (12.51%), Vitamin B1: 0.18mg (11.99%), Vitamin B2: 0.12mg (7.34%), Vitamin B5: 0.68mg (6.79%), Calcium: 57.63mg (5.76%), Zinc: 0.84mg (5.63%), Selenium: 1.28µg (1.82%)