



Moroccan roasted veg with tahini dressing

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



355 kcal

SIDE DISH

Ingredients

- ☐ 2 zucchini cut into chunks
- ☐ 3 bell pepper red deseeded cut into chunks
- ☐ 1 large eggplant cut into chunks
- ☐ 8 spring onion cut into 2cm lengths
- ☐ 2 tbsp olive oil
- ☐ 2 tbsp harissa
- ☐ 2 tbsp tahini
- ☐ 1 juice of lemon

- ☐ 4 tbsp greek yogurt
- ☐ 1 small bunch mint leaves roughly chopped
- ☐ 4 servings wholewheat pita breads

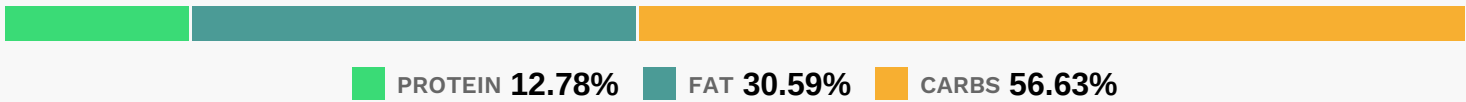
Equipment

- ☐ oven
- ☐ baking pan

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Spread the vegetables out on a baking tray.
- ☐ Drizzle over the oil and harissa, season and toss well. Roast for 30 mins or until cooked and beginning to caramelise.
- ☐ Mix together the tahini, lemon juice, yogurt and 1-2 tbsp water to make a dressing. Stir in half the mint.
- ☐ Sprinkle the veg with the remaining mint and serve with the dressing, couscous and warm pitta bread.

Nutrition Facts



Properties

Glycemic Index:51.5, Glycemic Load:31.85, Inflammation Score:-10, Nutrition Score:26.504782635233%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg, Hesperetin: 1.19mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 354.85kcal (17.74%), Fat: 12.59g (19.36%), Saturated Fat: 1.82g (11.39%), Carbohydrates: 52.43g (17.48%), Net Carbohydrates: 43.65g (15.87%), Sugar: 12.48g (13.86%), Cholesterol: 0.75mg (0.25%), Sodium: 426.75mg (18.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.83g (23.66%), Vitamin C: 143.55mg (174%), Vitamin A: 3355.59IU (67.11%), Vitamin K: 66.88µg (63.69%), Manganese: 0.86mg (43.04%), Fiber: 8.78g (35.12%), Folate: 130.28µg (32.57%), Vitamin B6: 0.59mg (29.35%), Vitamin B1: 0.43mg (28.77%), Potassium: 936.55mg (26.76%), Phosphorus: 236.01mg (23.6%), Vitamin E: 3.17mg (21.12%), Copper: 0.41mg (20.57%), Vitamin B2: 0.34mg (20.24%), Vitamin B3: 3.98mg (19.91%), Magnesium: 74.67mg (18.67%), Iron: 2.65mg (14.71%), Calcium: 129.35mg (12.93%), Zinc: 1.74mg (11.58%), Vitamin B5: 1.11mg (11.08%), Selenium: 4.93µg (7.04%), Vitamin B12: 0.1µg (1.75%)