



 **33%**  
HEALTH SCORE

## Moroccan Tagine

 **Gluten Free**  **Dairy Free**

READY IN



**60 min.**

SERVINGS



**6**

CALORIES



**207 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 1 small butternut squash peeled chopped
- 15.5 ounce garbanzo beans drained and rinsed canned
- 14.5 ounce frangelico diced with juice canned
- 1 carrots peeled chopped
- 1 dash ground pepper
- 3 cloves garlic minced
- 1 teaspoon ground coriander
- 1 tablespoon juice of lemon

- 1 tablespoon olive oil
- 0.5 onion chopped
- 1 teaspoon salt
- 2 chicken breast halves boneless skinless cut into chunks
- 1 tablespoon sugar
- 14 ounce vegetable stock canned

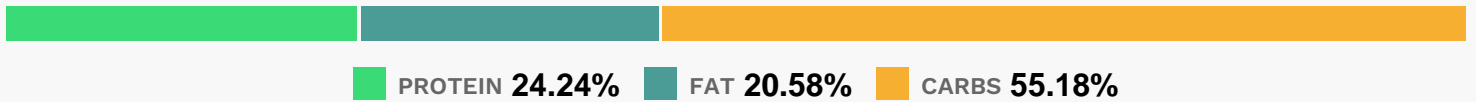
## Equipment

- frying pan

## Directions

- Heat the olive oil in a large skillet over medium heat, and cook the chicken, onion, and garlic about 15 minutes, until browned.
- Mix the squash, garbanzo beans, carrot, tomatoes with juice, broth, sugar, and lemon juice into the skillet. Season with salt, coriander, and cayenne pepper. Bring the mixture to a boil, and continue cooking 30 minutes, until vegetables are tender.

## Nutrition Facts



## Properties

Glycemic Index:48.54, Glycemic Load:5.12, Inflammation Score:-10, Nutrition Score:20.164347826087%

## Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg

## Nutrients (% of daily need)

Calories: 206.94kcal (10.35%), Fat: 4.98g (7.66%), Saturated Fat: 0.72g (4.53%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 23.68g (8.61%), Sugar: 6.26g (6.95%), Cholesterol: 24.11mg (8.04%), Sodium: 912.32mg

(39.67%), Protein: 13.19g (26.39%), Vitamin A: 15156.53IU (303.13%), Manganese: 0.92mg (45.84%), Vitamin B6: 0.87mg (43.31%), Vitamin C: 29.57mg (35.84%), Vitamin B3: 5.66mg (28.28%), Fiber: 6.35g (25.38%), Potassium: 744.04mg (21.26%), Selenium: 14.52µg (20.74%), Magnesium: 75.86mg (18.97%), Phosphorus: 189.06mg (18.91%), Vitamin E: 2.29mg (15.24%), Folate: 57.8µg (14.45%), Vitamin B5: 1.31mg (13.07%), Vitamin B1: 0.19mg (12.53%), Iron: 2.07mg (11.47%), Copper: 0.23mg (11.45%), Calcium: 98.52mg (9.85%), Zinc: 0.99mg (6.58%), Vitamin B2: 0.09mg (5.03%), Vitamin K: 4.27µg (4.07%), Vitamin B12: 0.08µg (1.26%)