



Moroccan tagine



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



125 min.

SERVINGS



6

CALORIES



453 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 onion red chopped
- ☐ 3 garlic clove
- ☐ 1 small knob ginger fresh peeled
- ☐ 100 ml juice of lemon (3 lemons)
- ☐ 100 ml olive oil
- ☐ 1 tbsp turmeric
- ☐ 1 tsp chili powder hot
- ☐ 1 handful cilantro leaves chopped

- ☐ 1 tbsp olive oil
- ☐ 3 carrots cut into chunks
- ☐ 3 large parsnips cut into chunks
- ☐ 3 onion red cut into chunks
- ☐ 2 large potatoes cut into chunks
- ☐ 4 leek ends trimmed cut into chunks
- ☐ 12 prune- cut to pieces dried
- ☐ 2 sprigs mint leaves finely chopped

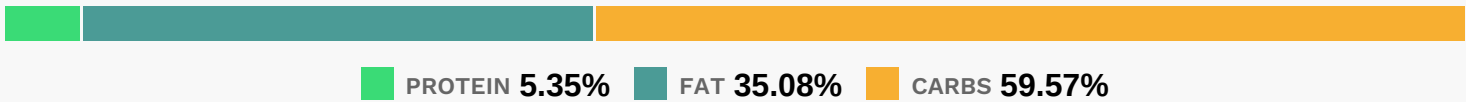
Equipment

- ☐ oven
- ☐ blender

Directions

- ☐ To make the chermoula, whizz paste ingredients in a blender.
- ☐ Heat oven to 220C/fan 200C/gas
- ☐ Tip the oil and vegetables into a heatproof casserole and cook on the hob until lightly browned, about 7 mins. You may have to do this in two batches.
- ☐ Add the chermoula paste to the casserole, along with the dried fruit.
- ☐ Pour in 400ml water, cover with a lid and cook in the oven for 45 mins. Reduce heat to 180C/fan 160C/gas 4 and cook for another 45 mins.
- ☐ Sprinkle with the mint.
- ☐ Serve on its own or with couscous or crusty bread.

Nutrition Facts



Properties

Glycemic Index:63.26, Glycemic Load:29.68, Inflammation Score:-10, Nutrition Score:29.338260671367%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg, Hesperetin: 2.52mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg, Isorhamnetin: 4.59mg Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg, Kaempferol: 3.24mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 21.16mg, Quercetin: 21.16mg, Quercetin: 21.16mg, Quercetin: 21.16mg

Nutrients (% of daily need)

Calories: 453.16kcal (22.66%), Fat: 18.54g (28.53%), Saturated Fat: 2.64g (16.49%), Carbohydrates: 70.86g (23.62%), Net Carbohydrates: 58.93g (21.43%), Sugar: 20.47g (22.75%), Cholesterol: 0mg (0%), Sodium: 61.13mg (2.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.37g (12.73%), Vitamin A: 6438.65IU (128.77%), Vitamin C: 60.94mg (73.87%), Vitamin K: 77.24µg (73.56%), Manganese: 1.26mg (63%), Fiber: 11.93g (47.73%), Vitamin B6: 0.82mg (41.1%), Potassium: 1360.44mg (38.87%), Folate: 138.45µg (34.61%), Vitamin E: 4.8mg (31.98%), Magnesium: 93.18mg (23.3%), Iron: 3.85mg (21.37%), Copper: 0.42mg (21.21%), Phosphorus: 205.64mg (20.56%), Vitamin B1: 0.29mg (19.13%), Vitamin B3: 3.01mg (15.05%), Calcium: 126.18mg (12.62%), Vitamin B5: 1.23mg (12.33%), Vitamin B2: 0.19mg (11.1%), Zinc: 1.3mg (8.7%), Selenium: 3.29µg (4.69%)