



Moroccan Vegetable Stew



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



339 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup almonds toasted chopped
- ☐ 4 carrots peeled cut into 1/2-inch lengths (12 oz. total)
- ☐ 2 cups cauliflower florets
- ☐ 0.5 teaspoon cayenne
- ☐ 5 cups chicken broth
- ☐ 0.8 cup currants dried
- ☐ 2.5 cups eggplant diced peeled
- ☐ 15 oz garbanzos drained and rinsed canned

- ☐ 3 cloves garlic with the side of a knife crushed peeled
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 1 teaspoon ground coriander
- ☐ 1 teaspoon ground cumin
- ☐ 0.5 tablespoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 5 oz onion diced
- ☐ 29 oz stewed tomatoes canned
- ☐ 2.5 cups zucchini thick sliced ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle
- ☐ blender

Directions

- ☐ Pour olive oil into a small frying pan over medium-low heat.
- ☐ Add garlic and spices and cook, stirring often until fragrant, 1 to 2 minutes, being careful not to scorch the garlic. Scrape the mixture into a slow-cooker (at least 5 qt.).
- ☐ Add broth, carrots, eggplant, zucchini, cauliflower, onion, stewed tomatoes (with juices), garbanzos, currants, almonds, and salt, and stir to combine.
- ☐ Cover slow-cooker and cook on high until vegetables are tender to bite and flavors are blended, 8 to 9 hours.
- ☐ Ladle about 3 cups of the vegetable mixture into a blender. Holding lid down with a towel and taking care to avoid steam, whirl until smooth. Return puree to slow-cooker and stir to blend. Ladle stew into a tureen or individual bowls.

Nutrition Facts



Properties

Glycemic Index:35.45, Glycemic Load:7.36, Inflammation Score:-10, Nutrition Score:26.82695657274%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 21.96mg, Delphinidin: 21.96mg, Delphinidin: 21.96mg, Delphinidin: 21.96mg Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg, Catechin: 0.23mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg, Isorhamnetin: 1.36mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 339.04kcal (16.95%), Fat: 14.79g (22.75%), Saturated Fat: 1.47g (9.16%), Carbohydrates: 45.11g (15.04%), Net Carbohydrates: 34.18g (12.43%), Sugar: 20.57g (22.85%), Cholesterol: 2.94mg (0.98%), Sodium: 1251.43mg (54.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.68g (25.36%), Vitamin A: 5438.63IU (108.77%), Manganese: 1.43mg (71.36%), Vitamin E: 6.59mg (43.93%), Fiber: 10.93g (43.72%), Vitamin C: 32.63mg (39.55%), Folate: 144.32µg (36.08%), Copper: 0.63mg (31.46%), Potassium: 1002.86mg (28.65%), Magnesium: 114.44mg (28.61%), Vitamin B2: 0.47mg (27.43%), Phosphorus: 267.16mg (26.72%), Iron: 4.62mg (25.68%), Vitamin B6: 0.37mg (18.4%), Vitamin B1: 0.27mg (18.07%), Vitamin K: 17.83µg (16.98%), Calcium: 162.22mg (16.22%), Vitamin B3: 3.03mg (15.13%), Zinc: 2.08mg (13.84%), Vitamin B5: 0.8mg (8.02%), Selenium: 4.67µg (6.68%)