



Roast summer vegetables & chickpeas



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



70 min.

SERVINGS



4

CALORIES



553 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



3 courgettes sliced



1 aubergine thick cut into fingers



3 garlic cloves chopped



2 pasilla peppers red deseeded chopped



2 large baking potatoes peeled cut into bite-size chunks



1 onion chopped



1 tbsp coriander seeds



4 tbsp olive oil

- ☐ 400 g canned tomatoes chopped canned
- ☐ 400 g can chickpeas rinsed drained canned
- ☐ 1 small bunch coriander roughly chopped

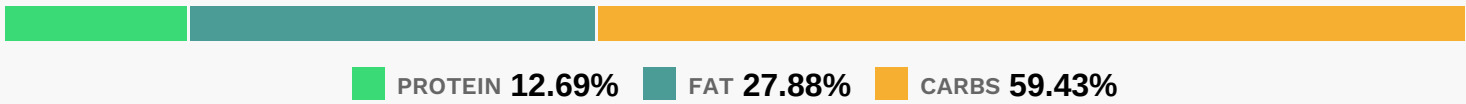
Equipment

- ☐ oven

Directions

- ☐ Heat oven to 220C/200C fan/gas
- ☐ Tip all the vegetables into a large roasting tin and toss with the coriander seeds, most of the olive oil and salt and pepper.
- ☐ Spread everything out to a single layer, then roast for 45 mins, tossing once or twice until the vegetables are roasted and brown round the edges.
- ☐ Place the tin on a low heat, then add the tomatoes and chickpeas. Bring to a simmer and gently stir. Season to taste, drizzle with olive oil, then scatter over the coriander.
- ☐ Serve from the tin or pile into a serving dish. Eat with hunks of bread.

Nutrition Facts



Properties

Glycemic Index:78.63, Glycemic Load:36.36, Inflammation Score:-10, Nutrition Score:40.919564703236%

Flavonoids

Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg, Delphinidin: 98.12mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg, Quercetin: 7.83mg

Nutrients (% of daily need)

Calories: 553.14kcal (27.66%), Fat: 18.14g (27.91%), Saturated Fat: 2.51g (15.7%), Carbohydrates: 87.02g (29.01%), Net Carbohydrates: 67.87g (24.68%), Sugar: 21.77g (24.18%), Cholesterol: 0mg (0%), Sodium: 167.77mg (7.29%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.58g (37.16%), Vitamin C: 129.55mg (157.03%), Manganese: 2.2mg (110.03%), Fiber: 19.15g (76.59%), Folate: 305.2µg (76.3%), Vitamin B6: 1.5mg (74.92%), Potassium: 2200.35mg (62.87%), Vitamin A: 2562.84IU (51.26%), Copper: 0.94mg (47%), Magnesium: 168.02mg (42.01%), Phosphorus: 417.77mg (41.78%), Iron: 7.25mg (40.3%), Vitamin K: 40.64µg (38.71%), Vitamin E: 5.15mg (34.34%), Vitamin B1: 0.51mg (33.78%), Vitamin B3: 5.74mg (28.71%), Vitamin B2: 0.42mg (24.93%), Zinc: 3.28mg (21.86%), Vitamin B5: 1.99mg (19.88%), Calcium: 165.71mg (16.57%), Selenium: 6.54µg (9.34%)