



Shrimp and Vegetable Tagine with Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



127 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14 oz tomatoes diced canned
- ☐ 0.3 teaspoon pepper hot
- ☐ 1 tablespoon chili powder
- ☐ 1 package couscous (10 to 12 oz,;)
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 14 oz savory vegetable mixed frozen
- ☐ 2 cloves garlic minced peeled
- ☐ 1 teaspoon ground coriander

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 teaspoons olive oil
- ☐ 6 servings salt
- ☐ 12 oz shrimp frozen thawed deveined uncooked peeled per lb.), (see notes)
- ☐ 2 cups vegetable stock

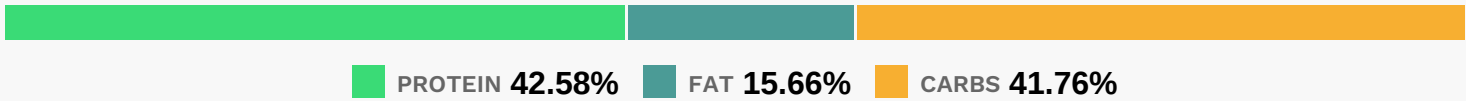
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ In a 2- to 3-quart pan over high heat, bring broth and 1 teaspoon olive oil to a boil. Stir in couscous, cover pan, and remove from heat.
- ☐ Let stand until broth is absorbed and couscous is tender to bite, about 5 minutes.
- ☐ Meanwhile, in a 5- to 6-quart pan over medium-high heat, stir garlic in remaining teaspoon oil until it just begins to brown, 1 to 2 minutes.
- ☐ Add chili powder, coriander, cumin, and chili flakes; stir until fragrant, about 30 seconds.
- ☐ Add tomatoes (including juices) and bring to a boil over high heat. Stir in frozen vegetables and cook, stirring often, for 3 minutes.
- ☐ Add thawed shrimp and cook, stirring often, until shrimp are opaque but still moist-looking in center of thickest part (cut to test) and vegetables are hot, 4 to 5 minutes.
- ☐ Add salt to taste.
- ☐ With a fork, fluff the couscous; spoon equal portions of it into wide, shallow bowls. Spoon shrimp and vegetable mixture, including juices, evenly over couscous and sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:31.67, Glycemic Load:3.44, Inflammation Score:-10, Nutrition Score:11.959130411563%

Flavonoids

Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 126.52kcal (6.33%), Fat: 2.37g (3.65%), Saturated Fat: 0.36g (2.28%), Carbohydrates: 14.25g (4.75%), Net Carbohydrates: 10.12g (3.68%), Sugar: 2.36g (2.62%), Cholesterol: 91.29mg (30.43%), Sodium: 724.7mg (31.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.53g (29.06%), Vitamin A: 4105.18IU (82.1%), Phosphorus: 182.56mg (18.26%), Copper: 0.36mg (17.87%), Vitamin C: 14.03mg (17.01%), Fiber: 4.14g (16.55%), Manganese: 0.31mg (15.38%), Potassium: 464.12mg (13.26%), Magnesium: 48.65mg (12.16%), Iron: 2.1mg (11.66%), Vitamin B6: 0.18mg (9.12%), Calcium: 88.46mg (8.85%), Zinc: 1.27mg (8.46%), Vitamin B1: 0.12mg (7.98%), Vitamin E: 1.19mg (7.92%), Vitamin B3: 1.52mg (7.62%), Folate: 27.09µg (6.77%), Vitamin B2: 0.11mg (6.69%), Vitamin K: 4.24µg (4.04%), Vitamin B5: 0.21mg (2.13%), Selenium: 0.86µg (1.23%)