



Slow-Cooker Vegetable Curry with Couscous

 Vegetarian

READY IN



340 min.

SERVINGS



6

CALORIES



420 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 cup baby carrots sliced ()
- 2 cups baby spinach fresh
- 15 oz garbanzo beans drained canned (garbanzo beans)
- 2 teaspoons curry powder
- 3 cups eggplant cubed peeled ()
- 0.5 cup yogurt plain fat free yoplait® (from 32-oz container)
- 0.3 cup cilantro leaves fresh chopped
- 1 clove garlic finely chopped

- 2 cloves garlic finely chopped
- 0.3 teaspoon ground cinnamon
- 0.1 teaspoon ground pepper red (cayenne)
- 0.5 teaspoon turmeric
- 1.5 teaspoons juice of lime
- 0.5 cup onion chopped (1 medium)
- 0.3 teaspoon pepper
- 1 Dash pepper black freshly ground
- 1 cup bell pepper red coarsely chopped
- 0.5 teaspoon salt
- 1 Dash salt
- 1 cup tomatoes coarsely chopped
- 2 teaspoons vegetable oil
- 2 cups couscous whole wheat uncooked
- 6 servings frangelico
- 6 servings frangelico

Equipment

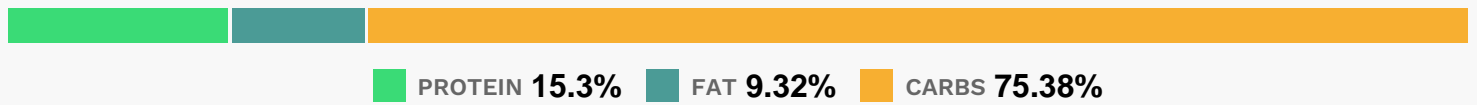
- bowl
- frying pan
- slow cooker

Directions

- Place Reynolds Slow Cooker Liners inside a 5- to 6 1/2 -qt slow cooker bowl. Make sure that liner fits snugly against the bottom and sides of bowl and pull the top of the liner over rim of bowl.
- In medium bowl, mix sauce ingredients. Refrigerate until serving time.
- In 10-inch nonstick skillet, heat oil over medium heat.
- Add onion; cook about 5 minutes, stirring occasionally, until translucent.

- Add garlic; cook, stirring frequently, until softened. Stir in curry powder, turmeric, cinnamon and red pepper; cook and stir about 30 seconds.
- In cooker, mix onion mixture and remaining curry ingredients except spinach and couscous.
- Cover; cook on Low heat setting 5 to 6 hours.
- Stir spinach into curry in cooker. Cover; cook on Low heat setting 5 to 10 minutes longer or until slightly wilted.
- Meanwhile, cook couscous as directed on package.
- Serve curry over couscous; top with sauce.

Nutrition Facts



Properties

Glycemic Index:67.06, Glycemic Load:4.01, Inflammation Score:-10, Nutrition Score:21.439130306244%

Flavonoids

Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg, Delphinidin: 35.13mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg, Quercetin: 3.71mg

Nutrients (% of daily need)

Calories: 419.93kcal (21%), Fat: 4.71g (7.24%), Saturated Fat: 0.47g (2.96%), Carbohydrates: 85.67g (28.56%), Net Carbohydrates: 72.13g (26.23%), Sugar: 7.79g (8.65%), Cholesterol: 0.41mg (0.14%), Sodium: 442.17mg (19.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.39g (34.78%), Vitamin A: 4956.17IU (99.12%), Vitamin K: 60.78µg (57.89%), Fiber: 13.54g (54.17%), Vitamin C: 41.87mg (50.76%), Manganese: 0.97mg (48.48%), Vitamin B6: 0.56mg (28.14%), Iron: 4.47mg (24.81%), Folate: 73.77µg (18.44%), Potassium: 513.11mg (14.66%), Phosphorus: 131.65mg (13.16%), Calcium: 129.03mg (12.9%), Magnesium: 48.79mg (12.2%), Copper: 0.22mg (10.89%), Vitamin B2: 0.14mg (7.96%), Vitamin E: 1.17mg (7.77%), Zinc: 1.03mg (6.86%), Vitamin B5: 0.68mg (6.83%), Vitamin B1: 0.1mg (6.49%), Vitamin B3: 1.04mg (5.19%), Selenium: 3.01µg (4.3%), Vitamin B12: 0.12µg (2.08%)