



HEALTH SCORE

64%

Spicy Moroccan Chickpeas



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



8

CALORIES



374 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup almonds whole coarsely chopped
- ☐ 0.8 teaspoon pepper black
- ☐ 30 ounce garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 28 ounce canned tomatoes whole undrained chopped canned
- ☐ 1 cup cilantro leaves
- ☐ 1 stick cinnamon (3-inch)
- ☐ 4 cups couscous hot cooked
- ☐ 0.3 teaspoon pepper red crushed

- ☐ 0.5 cup apricot dried sliced
- ☐ 6 cups endive
- ☐ 1 tablespoon ras el hanout spice mix (Moroccan spice blend)
- ☐ 3 large garlic clove peeled
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1.5 teaspoons lemon zest grated
- ☐ 0.3 cup mint leaves
- ☐ 0.3 cup olive oil extra virgin extra-virgin
- ☐ 2 cups onion red thinly sliced
- ☐ 1 teaspoon salt
- ☐ 0.5 cup water

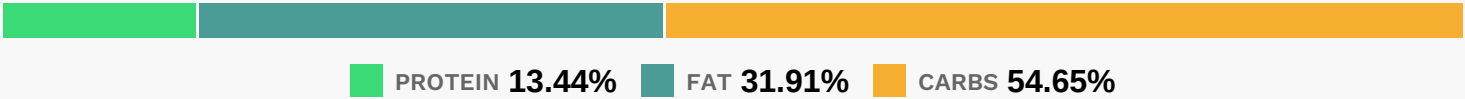
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Heat a large skillet over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add garlic; cook for 1 minute, stirring constantly.
- ☐ Remove garlic from pan using a slotted spoon; discard or reserve for another use.
- ☐ Add onion and next 6 ingredients (through cinnamon stick) to pan; saut for 7 minutes or until the onion is lightly browned, stirring occasionally.
- ☐ Add 1/2 cup water, rind, juice, chickpeas, and tomatoes; bring to a boil. Reduce heat, and simmer for 7 minutes, stirring occasionally.
- ☐ Stir in escarole; simmer for 1 minute or until escarole wilts.
- ☐ Remove from heat.
- ☐ Sprinkle with cilantro and mint; top with almonds.
- ☐ Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:45.34, Glycemic Load:19.66, Inflammation Score:-9, Nutrition Score:27.802608614383%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg, Kaempferol: 4.09mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg, Quercetin: 9.24mg

Nutrients (% of daily need)

Calories: 373.9kcal (18.69%), Fat: 13.93g (21.43%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 53.65g (17.88%), Net Carbohydrates: 41.63g (15.14%), Sugar: 11.12g (12.35%), Cholesterol: 0mg (0%), Sodium: 735.62mg (31.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.2g (26.39%), Vitamin K: 107.05µg (101.95%), Manganese: 1.73mg (86.35%), Fiber: 12.02g (48.09%), Vitamin B6: 0.8mg (40.04%), Selenium: 25.38µg (36.25%), Vitamin E: 5.33mg (35.56%), Vitamin A: 1562.25IU (31.24%), Folate: 121.89µg (30.47%), Copper: 0.57mg (28.68%), Potassium: 865.28mg (24.72%), Magnesium: 95.86mg (23.96%), Iron: 4.31mg (23.92%), Vitamin C: 17.66mg (21.4%), Phosphorus: 210.59mg (21.06%), Calcium: 157.99mg (15.8%), Vitamin B1: 0.23mg (15.54%), Vitamin B3: 2.96mg (14.78%), Vitamin B2: 0.25mg (14.64%), Vitamin B5: 1.39mg (13.94%), Zinc: 1.95mg (13.02%)