



Squash and Chickpea Moroccan Stew

 Vegetarian

READY IN



32 min.

SERVINGS



8

CALORIES



300 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 pound butternut squash
- ☐ 14 ounce canned tomatoes diced with juices canned
- ☐ 2 cups chickpeas cooked drained
- ☐ 1 stick cinnamon 3-inch
- ☐ 8 servings couscous steamed for serving
- ☐ 8 servings cilantro leaves fresh roughly chopped for garnish
- ☐ 4 medium cloves garlic thinly sliced
- ☐ 2 teaspoons ground cumin

- ☐ 1 tablespoon olive oil
- ☐ 1 cup brined olives green recommend: Cerignola
- ☐ 8 servings yogurt plain for garnish
- ☐ 0.5 simple preserved lemons finely chopped
- ☐ 0.8 pound potatoes red
- ☐ 1 pinch saffron threads
- ☐ 8 servings salt and pepper black freshly ground
- ☐ 8 servings slivered almonds toasted for garnish
- ☐ 1 tablespoon butter unsalted
- ☐ 2 cups vegetable broth low-sodium
- ☐ 1 medium onion yellow

Equipment

- ☐ sauce pan
- ☐ dutch oven

Directions

- ☐ Heat butter and olive oil in a 3- to 4-quart Dutch oven or heavy-bottomed saucepan with a tight fitting lid over medium heat. When oil shimmers, add onion, garlic, cumin, and cinnamon, and season with salt and freshly ground black pepper. Cook, stirring occasionally, until spices are aromatic and onions are soft and translucent, about 5 minutes.
- ☐ Add squash and potatoes, season with salt and freshly ground black pepper, stir to coat, and cook until just tender, about 3 minutes.
- ☐ Add broth, chickpeas, tomatoes and their juices, and saffron, if using. Bring mixture to a boil then reduce heat to low. Cover and simmer until squash is fork tender, about 10 minutes.
- ☐ Remove from heat and stir in preserved lemon and olives.
- ☐ Serve over couscous garnished with cilantro, almonds, and yogurt.

Nutrition Facts



 PROTEIN **12.61%**  FAT **22.66%**  CARBS **64.73%**

Properties

Glycemic Index:44.84, Glycemic Load:14.71, Inflammation Score:-10, Nutrition Score:20.860869326669%

Flavonoids

Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg, Cyanidin: 0.02mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg, Quercetin: 3.15mg

Nutrients (% of daily need)

Calories: 299.96kcal (15%), Fat: 7.87g (12.1%), Saturated Fat: 1.74g (10.87%), Carbohydrates: 50.57g (16.86%), Net Carbohydrates: 42.04g (15.29%), Sugar: 7.08g (7.87%), Cholesterol: 3.89mg (1.3%), Sodium: 347.92mg (15.13%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.85g (19.69%), Vitamin A: 6274.25IU (125.48%), Manganese: 0.93mg (46.37%), Selenium: 24.46µg (34.94%), Fiber: 8.53g (34.12%), Folate: 115.59µg (28.9%), Vitamin C: 22.24mg (26.96%), Potassium: 758.55mg (21.67%), Copper: 0.41mg (20.66%), Vitamin E: 2.91mg (19.42%), Iron: 3.4mg (18.89%), Vitamin B6: 0.38mg (18.82%), Magnesium: 73.28mg (18.32%), Phosphorus: 162.81mg (16.28%), Vitamin B1: 0.24mg (16.27%), Vitamin B3: 2.9mg (14.49%), Calcium: 103.25mg (10.33%), Vitamin B5: 0.94mg (9.36%), Zinc: 1.31mg (8.74%), Vitamin K: 8.34µg (7.94%), Vitamin B2: 0.12mg (7.03%)