



## Steamed Vegetables With Roasted Chickpeas



Vegetarian



Gluten Free

READY IN



50 min.

SERVINGS



4

CALORIES



405 kcal

SIDE DISH

### Ingredients

- ☐ 2 pounds buttercup squash 1-inch-thick seeded cut into wedges
- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 0.5 head cauliflower sliced into florets
- ☐ 0.5 teaspoon coriander seeds crushed
- ☐ 0.3 cup mint leaves fresh thinly sliced
- ☐ 2 inch ginger peeled thinly sliced
- ☐ 4 servings kosher salt
- ☐ 4 servings pepper freshly ground

- ☐ 4 scallions thinly sliced
- ☐ 2 tablespoons sesame oil toasted
- ☐ 4 servings sesame seed toasted for garnish
- ☐ 8 ounces snow peas
- ☐ 3 tablespoons butter unsalted

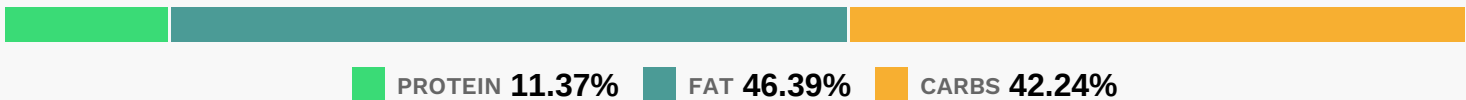
## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ steamer basket

## Directions

- ☐ Place the squash, cauliflower and ginger in a large steamer basket over a saucepan of simmering water and season with salt. Cover and steam until the vegetables are tender, about 25 minutes.
- ☐ Add the snow peas, remove the pan from the heat and keep covered until the peas are crisp-tender, about 5 minutes.
- ☐ Meanwhile, toast the coriander seeds in a skillet over medium-low heat until fragrant, about 1 minute.
- ☐ Add the sesame oil and increase the heat to medium-high.
- ☐ Add the chickpeas and cook until crisp, about 5 minutes.
- ☐ Add the butter and scallions; remove from the heat.
- ☐ Divide the vegetables among plates, over rice if desired. Spoon the chickpea mixture on top and garnish with the mint and sesame seeds.
- ☐ Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:46.58, Glycemic Load:5.18, Inflammation Score:-10, Nutrition Score:33.166956593161%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg, Quercetin: 1.67mg

Nutrients (% of daily need)

Calories: 405.06kcal (20.25%), Fat: 22.3g (34.3%), Saturated Fat: 7.36g (46%), Carbohydrates: 45.68g (15.23%), Net Carbohydrates: 33.01g (12%), Sugar: 9g (10%), Cholesterol: 22.58mg (7.53%), Sodium: 527.63mg (22.94%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.58%), Vitamin C: 100.04mg (121.26%), Manganese: 1.76mg (88.23%), Vitamin A: 4235.35IU (84.71%), Vitamin B6: 1.16mg (58%), Vitamin K: 54.5µg (51.91%), Fiber: 12.67g (50.69%), Folate: 165.15µg (41.29%), Potassium: 1383.32mg (39.52%), Copper: 0.76mg (37.79%), Iron: 5.66mg (31.47%), Magnesium: 120.29mg (30.07%), Phosphorus: 260.59mg (26.06%), Calcium: 239.79mg (23.98%), Vitamin B1: 0.3mg (19.82%), Vitamin B2: 0.29mg (16.91%), Vitamin B5: 1.69mg (16.91%), Zinc: 2.29mg (15.27%), Vitamin B3: 2.49mg (12.43%), Selenium: 6.89µg (9.84%), Vitamin E: 0.99mg (6.59%), Vitamin D: 0.16µg (1.05%)