



 **100%**  
HEALTH SCORE

## The Big Vegan Bowl

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



55 min.

SERVINGS



2

CALORIES



1042 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 2 servings avocado sliced
- 15 ounce garbanzo beans drained and rinsed canned ( 1.5 cups)
- 1 large carrots julienned peeled
- 2 servings hemp seeds hulled
- 2 servings water
- 2 servings cabbage shredded
- 1 cup quinoa uncooked
- 1 large sweet potatoes and into chopped

## Equipment

- bowl
- baking sheet
- baking paper
- oven
- pot
- sieve
- kitchen towels

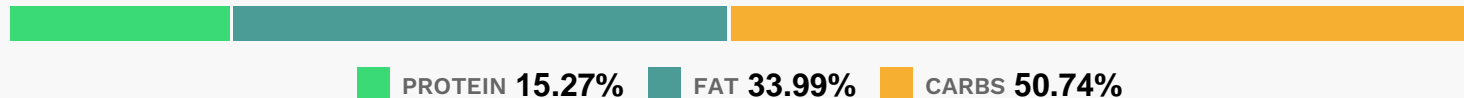
## Directions

- Preheat oven to 400F and line two large baking sheets with parchment paper.
- Spread out the chopped sweet potato on one sheet.
- Drizzle with 1/2 tablespoon of oil or so and toss the potatoes until coated.
- Drain and rinse the chickpeas and then place on a large tea towel and pat until completely dry. Discard any skins that fall off.
- Transfer the chickpeas to the baking sheet and drizzle with 1/2 teaspoon oil. Rub them around with your hands until lightly coated. Generously sprinkle with fine grain sea salt and your favourite spices. I like to use garlic powder, chili powder, cumin, cayenne, and salt. Toss gently to combine.
- Place both the sweet potato and chickpeas into the preheated oven. Roast for 15 minutes at 400F and then remove both. Flip the sweet potatoes and gently roll around the chickpeas.
- Place back in the oven for another 15 minutes or so, watching closely during the last 5 minutes. When the chickpeas are golden and the sweet potatoes are lightly browned on the bottom and fork tender, they are ready to come out. Meanwhile, cook the quinoa while the roasting is going on. In a fine mesh sieve, rinse the quinoa and then place in a medium pot.
- Add in 1.5 cups of water and stir. Bring the mixture to a low boil and then reduce the heat to low/medium and cover with lid. Simmer, covered, for about 14-17 minutes (you can check after 13 minutes), until all of the water is absorbed and the quinoa is fluffy.
- Add a couple handfuls of greens into a large shallow bowl. I had some leftover Best Kale Salad so I used that for my base. When the roasted veggies and chickpeas are done, allow the chickpeas to cool for 5 minutes and then add them on the salad followed by the sliced

avocado, hummus, shredded veggies, and hemp seeds. See picture for how I plated it.

- Serve immediately and enjoy! You can use dressing if you'd like, but I don't usually bother. If you have leftover sweet potato and roasted chickpeas, you can place them in the fridge. Reheat in the oven at 400F for about 5-10 minutes.

## Nutrition Facts



### Properties

Glycemic Index:120.33, Glycemic Load:27.11, Inflammation Score:-10, Nutrition Score:51.647826236227%

### Flavonoids

Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg, Cyanidin: 2.43mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

### Nutrients (% of daily need)

Calories: 1041.66kcal (52.08%), Fat: 40.37g (62.1%), Saturated Fat: 4.51g (28.18%), Carbohydrates: 135.58g (45.19%), Net Carbohydrates: 104.86g (38.13%), Sugar: 9.51g (10.57%), Cholesterol: 0mg (0%), Sodium: 827.07mg (35.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.79g (81.59%), Vitamin A: 30496.81IU (609.94%), Manganese: 4.32mg (215.91%), Fiber: 30.71g (122.86%), Phosphorus: 1089.53mg (108.95%), Vitamin B6: 2.14mg (106.99%), Folate: 339.52µg (84.88%), Magnesium: 320.72mg (80.18%), Iron: 13.06mg (72.53%), Copper: 1.44mg (71.87%), Potassium: 2024.09mg (57.83%), Vitamin B1: 0.76mg (50.63%), Vitamin B5: 4.18mg (41.78%), Zinc: 5.85mg (39.02%), Vitamin B2: 0.64mg (37.38%), Vitamin E: 4.82mg (32.16%), Vitamin K: 29.19µg (27.8%), Vitamin B3: 5.51mg (27.53%), Calcium: 242.04mg (24.2%), Vitamin C: 16.99mg (20.59%), Selenium: 13.67µg (19.52%)