



 **54%**
HEALTH SCORE

Tunisian Vegetable Ragout with Quinoa

 **Vegetarian**  **Vegan**  **Gluten Free**  **Dairy Free**

READY IN



45 min.

SERVINGS



6

CALORIES



263 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon allspice
- 15 ounce garbanzo beans canned
- 15 ounce canned tomatoes diced canned
- 8 large cherry tomatoes halved coarsely chopped (or 1 large tomato,)
- 1 teaspoons chili sauce to taste ()
- 1 cinnamon sticks
- 1 medium eggplant cut into 1/2- to 1-inch cubes
- 1 clove garlic minced

- 2 teaspoons ground cumin
- 1 large onion halved sliced
- 1 cup quinoa rinsed well
- 0.3 cup raisins
- 0.5 teaspoon salt to taste (or)
- 1.5 teaspoons paprika smoked
- 0.5 teaspoon turmeric
- 2 cups vegetable stock
- 2 medium zucchini sliced into 1/4-inch pieces quartered

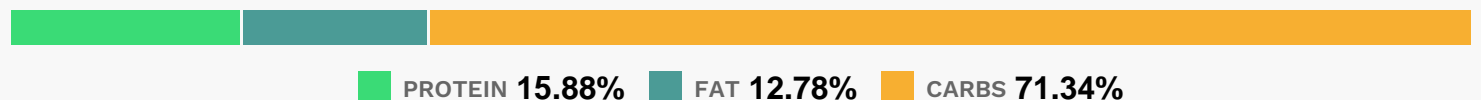
Equipment

- pot

Directions

- Add the garlic, and cook for another minute.
- Add all spices, including cinnamon stick, and stir for another minute.
- Add the zucchini, canned tomatoes, chickpeas, raisins, and vegetable broth and bring to a boil. Reduce heat and add the eggplant and cherry tomatoes. Cover and cook on low while quinoa is cooking.
- Heat a medium-sized nonstick pot.
- Add the rinsed quinoa, and cook, stirring, for a few minutes until the quinoa is fairly dry.
- Add the vegetable broth and garlic, bring to a boil, reduce heat, and cover. Cook until quinoa absorbs all of the water, about 15 minutes. (If quinoa is tender and doesn't seem to absorb all the water, remove the cover and turn up the heat for a few minutes.)
- Remove cinnamon stick.
- Spread a bed of quinoa on each plate and top with ragout.

Nutrition Facts



Properties

Glycemic Index:54.86, Glycemic Load:8.52, Inflammation Score:-9, Nutrition Score:22.160434577776%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg, Isorhamnetin: 1.25mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg, Quercetin: 5.7mg

Nutrients (% of daily need)

Calories: 263.06kcal (13.15%), Fat: 3.98g (6.12%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 49.95g (16.65%), Net Carbohydrates: 38.92g (14.15%), Sugar: 9.94g (11.04%), Cholesterol: 0mg (0%), Sodium: 823.96mg (35.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.11g (22.23%), Manganese: 1.81mg (90.34%), Fiber: 11.02g (44.1%), Vitamin B6: 0.83mg (41.73%), Vitamin C: 27.75mg (33.64%), Magnesium: 122.27mg (30.57%), Folate: 119.95µg (29.99%), Potassium: 986.36mg (28.18%), Copper: 0.56mg (28.11%), Phosphorus: 277.15mg (27.71%), Iron: 4.56mg (25.32%), Vitamin B1: 0.27mg (18.1%), Vitamin A: 856.01IU (17.12%), Vitamin B2: 0.26mg (15.3%), Vitamin E: 2.22mg (14.8%), Zinc: 2.06mg (13.7%), Vitamin B3: 2.51mg (12.56%), Vitamin B5: 1.06mg (10.56%), Calcium: 104.72mg (10.47%), Vitamin K: 10.67µg (10.16%), Selenium: 5.06µg (7.23%)