



Vegetable and Chickpea Ragout



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



361 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



4 artichoke hearts in water drained quartered



0.3 cup olives black sliced



0.3 teaspoon pepper black



1 cup chickpeas canned rinsed drained



14.5 ounces canned tomatoes diced canned



0.3 cup basil fresh chopped



0.3 teaspoon oregano dried



0.5 cup peas frozen

- ☐ 0.1 teaspoon pepper flakes red
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup penne pasta whole-wheat cooked

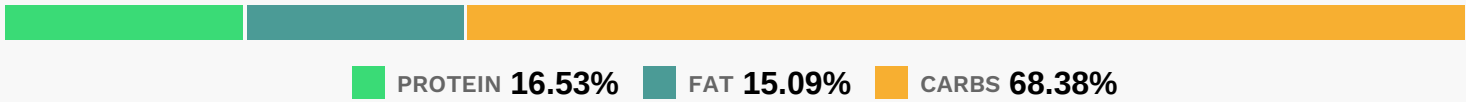
Equipment

- ☐ pot
- ☐ microwave

Directions

- ☐ Simmer tomatoes, chickpeas, Onion and Garlic
- ☐ Mix, Broccoli and Red Bell Pepper
- ☐ Mix, salt, oregano, pepper, pepper flakes and ½ cup water in a medium pot until liquid reduces by half, about 20 minutes.
- ☐ Add artichokes, peas and olives; cook 10 minutes more.
- ☐ While cooking, make the filling for the shepherd’s pie.If not eating immediately, pour into an airtight container and freeze. Otherwise, toss with penne and basil and serve.
- ☐ Microwave on high 2 minutes; stir; microwave 2 minutes more.
- ☐ Mix with penne and basil.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:95.83, Glycemic Load:4.46, Inflammation Score:-8, Nutrition Score:17.869130258975%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 361.28kcal (18.06%), Fat: 6.13g (9.43%), Saturated Fat: 0.7g (4.39%), Carbohydrates: 62.49g (20.83%), Net Carbohydrates: 49.65g (18.06%), Sugar: 8.33g (9.25%), Cholesterol: 0mg (0%), Sodium: 1377.97mg (59.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.11g (30.22%), Manganese: 1.06mg (53%), Fiber: 12.84g (51.35%), Vitamin C: 34.24mg (41.51%), Vitamin B6: 0.69mg (34.66%), Vitamin K: 29.73µg (28.32%), Iron: 3.86mg (21.42%), Copper: 0.37mg (18.47%), Potassium: 617.9mg (17.65%), Vitamin A: 797.34IU (15.95%), Folate: 63.72µg (15.93%), Magnesium: 61.79mg (15.45%), Phosphorus: 147.3mg (14.73%), Vitamin E: 2.21mg (14.72%), Vitamin B1: 0.22mg (14.72%), Calcium: 121.44mg (12.14%), Vitamin B3: 2.42mg (12.12%), Vitamin B2: 0.18mg (10.56%), Zinc: 1.35mg (9%), Vitamin B5: 0.54mg (5.42%), Selenium: 2.71µg (3.87%)