



 **62%**
HEALTH SCORE

Vegetable Tagine

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



75 min.

SERVINGS



6

CALORIES



688 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 15.5 ounce garbanzo beans rinsed drained canned
- 3 carrots chopped
- 48 ounce chicken broth canned
- 1 eggplant chopped
- 3 cloves garlic chopped
- 1 bell pepper green chopped
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground coriander

- 0.3 teaspoon ground cumin
- 1 teaspoon pepper black
- 0.3 teaspoon turmeric
- 1 tablespoon honey
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil
- 1 onion chopped
- 4 plum tomatoes chopped
- 0.5 cup raisins
- 1 teaspoon salt
- 2 sweet potatoes and into chopped
- 3 zucchini chopped

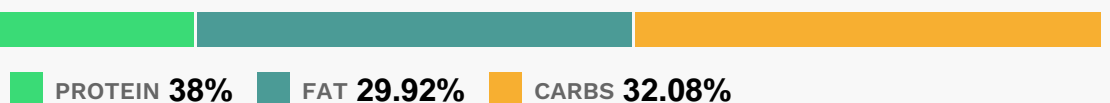
Equipment

- pot

Directions

- Heat oil in the bottom of a large, heavy pot over medium-high heat . Cook and stir the onion, green bell pepper, and garlic in the oil until tender, about 5 minutes.
- Place the carrots, sweet potatoes, eggplant, plum tomatoes, zucchini, and raisins in the pot with the onion mixture. Stir in the chicken broth, lemon juice, honey, and season with cumin, coriander, turmeric, and cinnamon. Bring the stew to a boil over high heat, cover, and reduce the heat to medium-low, and simmer until the vegetables are tender, about 30 minutes.
- Pour the garbanzo beans into the stew and season with salt and pepper. Stir to combine and cook the soup for an additional 10 to 15 minutes.

Nutrition Facts



Properties

Glycemic Index:75.54, Glycemic Load:19.74, Inflammation Score:-10, Nutrition Score:37.08%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg, Naringenin: 0.35mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg, Luteolin: 0.99mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg, Quercetin: 5.19mg

Nutrients (% of daily need)

Calories: 688.06kcal (34.4%), Fat: 22.97g (35.33%), Saturated Fat: 5.77g (36.07%), Carbohydrates: 55.4g (18.47%), Net Carbohydrates: 43.58g (15.85%), Sugar: 15.1g (16.78%), Cholesterol: 113.4mg (37.8%), Sodium: 1763.73mg (76.68%), Protein: 65.62g (131.23%), Vitamin A: 16830.46IU (336.61%), Manganese: 1.41mg (70.61%), Vitamin B6: 1.35mg (67.38%), Selenium: 44.56µg (63.66%), Vitamin C: 48.99mg (59.38%), Phosphorus: 539.89mg (53.99%), Zinc: 7.1mg (47.37%), Fiber: 11.82g (47.26%), Potassium: 1516.17mg (43.32%), Vitamin B3: 7.73mg (38.63%), Vitamin B12: 2.27µg (37.8%), Magnesium: 127.79mg (31.95%), Iron: 5.67mg (31.51%), Copper: 0.56mg (28.07%), Vitamin B2: 0.47mg (27.48%), Vitamin K: 24.31µg (23.15%), Folate: 90.49µg (22.62%), Vitamin B1: 0.23mg (15.35%), Vitamin B5: 1.43mg (14.27%), Vitamin E: 2.13mg (14.17%), Calcium: 133.64mg (13.36%), Vitamin D: 0.23µg (1.51%)