



Vegetable Tagine with Baked Tempeh



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



485 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon peppercorns black
- ☐ 1 teaspoon caraway seeds
- ☐ 0.8 cup carrots finely chopped
- ☐ 0.5 cup celery finely chopped
- ☐ 1 stick piece cinnamon (1-inch)
- ☐ 2 cups couscous hot cooked
- ☐ 1 teaspoon coriander seeds
- ☐ 1 teaspoon cumin seeds

- ☐ 0.3 cup flat-leaf parsley fresh finely chopped
- ☐ 2 garlic cloves peeled
- ☐ 4 garlic cloves minced
- ☐ 2 cups cabbage green chopped
- ☐ 2 teaspoons ground cumin
- ☐ 0.5 teaspoon ground pepper red
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 6 tablespoons juice of lemon fresh
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 2 cups onion finely chopped
- ☐ 0.5 teaspoon paprika
- ☐ 2 teaspoons paprika
- ☐ 0.5 teaspoon sea salt
- ☐ 2 cups sweet potatoes and into cubed peeled ()
- ☐ 1 pound tempeh cut into 1/2-inch cubes
- ☐ 1 cup tomatoes peeled finely chopped
- ☐ 0.7 cup water
- ☐ 1.5 cups water
- ☐ 1 cup baby squash yellow finely chopped
- ☐ 1 cup zucchini finely chopped

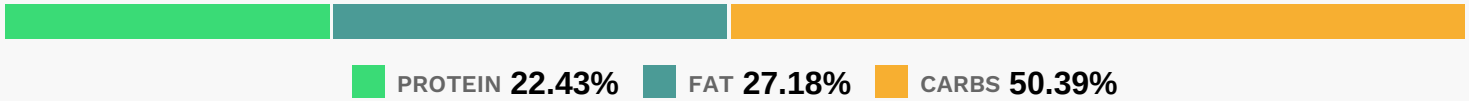
Equipment

- ☐ bowl
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil
- ☐ dutch oven
- ☐ tajine pot

Directions

- ☐ To prepare the tagine, combine first 6 ingredients in a spice or coffee grinder; process until finely ground.
- ☐ Heat oil in a large Dutch oven over medium heat.
- ☐ Add onion, carrot, celery, 1/2 teaspoon salt, and 2 peeled garlic cloves; cook 5 minutes, stirring occasionally. Cover, reduce heat to low, and cook 20 minutes.
- ☐ Stir in cumin mixture, sweet potato, and next 5 ingredients (sweet potato through tomato); bring to a boil. Reduce heat; simmer, uncovered, 30 minutes or until thick. Stir in lemon juice.
- ☐ To prepare the tempeh, preheat oven to 35
- ☐ Combine 2/3 cup water and next 7 ingredients (2/3 cup water through 4 minced garlic cloves) in a large bowl.
- ☐ Add tempeh, and toss well to coat. Arrange the tempeh mixture in a single layer in an 11 x 7-inch baking dish. Cover with foil.
- ☐ Bake at 350 for 35 minutes. Uncover and bake an additional 5 minutes or until liquid is absorbed.
- ☐ Serve tempeh over tagine and couscous; sprinkle with cilantro, if desired.

Nutrition Facts



Properties

Glycemic Index:133.96, Glycemic Load:23.24, Inflammation Score:-10, Nutrition Score:39.164782389351%

Flavonoids

Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg, Eriodictyol: 1.28mg Hesperetin: 3.8mg, Hesperetin: 3.8mg, Hesperetin: 3.8mg, Hesperetin: 3.8mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 11.18mg, Apigenin: 11.18mg, Apigenin: 11.18mg, Apigenin: 11.18mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg, Kaempferol: 0.77mg Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg, Myricetin: 0.89mg Quercetin: 17.14mg, Quercetin: 17.14mg, Quercetin: 17.14mg, Quercetin: 17.14mg

Nutrients (% of daily need)

Calories: 484.92kcal (24.25%), Fat: 15.68g (24.13%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 65.42g (21.81%), Net Carbohydrates: 55.99g (20.36%), Sugar: 12.47g (13.85%), Cholesterol: 0mg (0%), Sodium: 480.57mg (20.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.12g (58.24%), Vitamin A: 14894.42IU (297.89%), Manganese: 2.47mg (123.48%), Vitamin K: 124.72µg (118.78%), Vitamin C: 56.84mg (68.9%), Copper: 0.98mg (49.07%), Phosphorus: 458.15mg (45.82%), Vitamin B6: 0.9mg (45%), Magnesium: 167.2mg (41.8%), Potassium: 1447.87mg (41.37%), Vitamin B2: 0.67mg (39.28%), Iron: 6.98mg (38.78%), Fiber: 9.43g (37.71%), Selenium: 23.84µg (34.06%), Folate: 120.3µg (30.08%), Vitamin B3: 5.68mg (28.38%), Calcium: 281.33mg (28.13%), Vitamin B1: 0.36mg (23.92%), Zinc: 2.57mg (17.15%), Vitamin B5: 1.71mg (17.09%), Vitamin E: 1.91mg (12.74%), Vitamin B12: 0.09µg (1.51%)