



HEALTH SCORE

96%

Vegetable tagine with chickpeas & raisins



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



424 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 tbsp olive oil
- ☐ 2 onions chopped
- ☐ 0.5 tsp ground cinnamon
- ☐ 2 large courgettes cut into chunks
- ☐ 2 tomatoes chopped
- ☐ 400 g chickpea rinsed drained canned
- ☐ 4 tbsp raisin
- ☐ 425 ml vegetable stock

- ☐ 300 g pea frozen
- ☐ 4 servings coriander chopped

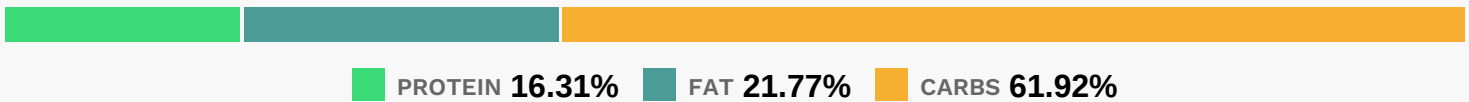
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan, then fry the onions for 5 mins until soft. Stir in the spices.
- ☐ Add the courgettes, tomatoes, chickpeas, raisins and stock, then bring to the boil. Cover and simmer for 10 mins. Stir in the peas and cook for 5 mins more.
- ☐ Sprinkle with coriander, to serve.

Nutrition Facts



Properties

Glycemic Index:71.89, Glycemic Load:18.7, Inflammation Score:-9, Nutrition Score:30.029130313707%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg, Quercetin: 12.64mg

Nutrients (% of daily need)

Calories: 423.91kcal (21.2%), Fat: 10.77g (16.57%), Saturated Fat: 1.54g (9.64%), Carbohydrates: 68.93g (22.98%), Net Carbohydrates: 51.97g (18.9%), Sugar: 16.17g (17.96%), Cholesterol: 0mg (0%), Sodium: 454.76mg (19.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.15g (36.3%), Folate: 386.97µg (96.74%), Manganese: 1.91mg (95.52%), Fiber: 16.96g (67.83%), Vitamin C: 43.85mg (53.16%), Phosphorus: 388.59mg (38.86%), Copper: 0.74mg (37.15%), Potassium: 1272.81mg (36.37%), Iron: 6.11mg (33.93%), Magnesium: 133.81mg (33.45%), Vitamin B6: 0.62mg (31.07%), Vitamin B1: 0.41mg (27.01%), Vitamin A: 1107.15IU (22.14%), Zinc: 3.25mg (21.64%), Vitamin K: 21.92µg (20.88%), Vitamin B2: 0.31mg (18.25%), Vitamin E: 2.11mg (14.1%), Calcium: 119.23mg (11.92%), Vitamin B3: 2.23mg (11.14%), Vitamin B5: 1.05mg (10.55%), Selenium: 6.27µg (8.96%)