



Vegetarian Moroccan Stew

 Vegetarian  Very Healthy

READY IN



40 min.

SERVINGS



6

CALORIES



542 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound butternut squash peeled seeded cut into 2-inch cubes
- 15 ounce garbanzo beans drained canned
- 14.5 ounce tomatoes diced with their juice canned
- 1 stick cinnamon (4 inch)
- 10 ounce couscous uncooked
- 6 tablespoons cilantro leaves fresh chopped
- 4 cloves garlic minced
- 2 teaspoons ground cumin

- 0.5 teaspoon lemon zest
- 1 cup oil-cured olives green pitted
- 1 tablespoon olive oil
- 6 tablespoons yogurt plain
- 4 large potatoes – remove skin red cut into 2-inch cubes
- 6 servings salt and pepper to taste
- 2 cups vegetable stock
- 1.8 cups water
- 1 onion diced yellow

Equipment

- sauce pan
- pot
- dutch oven

Directions

- Heat olive oil in a large covered saucepan or Dutch oven over medium heat, until oil is hot but not smoking. Drop in the onion, garlic, cumin, cinnamon stick, and salt and pepper. Cook and stir for 5 minutes, until onion is tender and translucent.
- Stir in the butternut squash and potato cubes, broth, garbanzo beans, and tomatoes, and bring the mixture to a boil. Reduce heat, cover the pot, and simmer about 20 minutes, stirring occasionally, until the squash and potatoes are tender.
- Remove the stew from heat, and stir in the olives and lemon zest.
- In a large saucepan, bring 1 3/4 cup water to a boil. Stir in couscous. Cover and remove from the heat; let stand for 5 minutes. Fluff with a fork; cool.
- Serve stew over cooked couscous.
- Garnish each serving with a dollop of yogurt and a sprinkle of cilantro leaves.

Nutrition Facts



■ PROTEIN 12.09% ■ FAT 14.2% ■ CARBS 73.71%

Properties

Glycemic Index:44.72, Glycemic Load:26.06, Inflammation Score:-10, Nutrition Score:31.334347533143%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg, Quercetin: 5.91mg

Nutrients (% of daily need)

Calories: 541.69kcal (27.08%), Fat: 8.81g (13.55%), Saturated Fat: 1.53g (9.59%), Carbohydrates: 102.82g (34.27%), Net Carbohydrates: 89.45g (32.53%), Sugar: 9.02g (10.02%), Cholesterol: 2.6mg (0.87%), Sodium: 1220.3mg (53.06%), Alcohol: 0g (100%), Protein: 16.86g (33.73%), Vitamin A: 8457.04IU (169.14%), Manganese: 1.68mg (84.24%), Vitamin C: 45.95mg (55.7%), Fiber: 13.36g (53.46%), Vitamin B6: 1.06mg (53.14%), Potassium: 1786.79mg (51.05%), Copper: 0.72mg (35.92%), Phosphorus: 357.24mg (35.72%), Magnesium: 138.11mg (34.53%), Vitamin B3: 6.11mg (30.55%), Vitamin B1: 0.43mg (28.87%), Iron: 5.08mg (28.21%), Folate: 103.33µg (25.83%), Vitamin B5: 1.99mg (19.91%), Vitamin E: 2.84mg (18.91%), Calcium: 176.76mg (17.68%), Zinc: 2.14mg (14.24%), Vitamin B2: 0.22mg (12.76%), Vitamin K: 13.28µg (12.65%), Selenium: 4.17µg (5.96%), Vitamin B12: 0.07µg (1.23%)