



## 20-Minute Shrimp and Couscous With Yogurt-Hummus Sauce

READY IN



20 min.

SERVINGS



4

CALORIES



451 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup cherry tomatoes halved
- 0.3 cup apricots dried chopped (or golden raisins)
- 2 tablespoons mint leaves fresh chopped
- 0.5 cup percent greek yogurt plain
- 1 tablespoon water prepared
- 0.5 juice of lemon
- 4 servings kosher salt
- 2 tablespoons olive oil

- 0.3 teaspoon paprika hot
- 1.3 pounds shrimp deveined peeled
- 1 cup couscous whole wheat


## Equipment

- bowl
- baking sheet
- plastic wrap
- broiler

## Directions

- Preheat the broiler to high.
- Combine the couscous, apricots and 1 tablespoon of the olive oil in a bowl.
- Add 1 1/4 cups very hot water, cover with plastic wrap and let sit until all of the water is absorbed and the couscous is tender, about 5 minutes.
- Stir together the yogurt, hummus, mint and 1 to 2 tablespoons water in another bowl. Season with salt and set aside.
- Toss the shrimp, tomatoes, the remaining 1 tablespoon olive oil and paprika together.
- Spread out on a baking sheet and broil until the shrimp is opaque and cooked through, about 4 minutes.
- Drizzle with the lemon juice.
- Fluff the couscous with a fork. Divide the shrimp and couscous among 4 plates. Scrape any of the drippings from the baking sheet into the yogurt-hummus sauce.
- Serve the shrimp and couscous with the sauce.

## Nutrition Facts

 **PROTEIN 34%**  **FAT 17.64%**  **CARBS 48.36%**

## Properties

Glycemic Index:17.98, Glycemic Load:1.57, Inflammation Score:-5, Nutrition Score:11.03000017871%

## Flavonoids

Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg, Hesperetin: 0.8mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

## Nutrients (% of daily need)

Calories: 450.55kcal (22.53%), Fat: 9.32g (14.33%), Saturated Fat: 1.2g (7.52%), Carbohydrates: 57.46g (19.15%), Net Carbohydrates: 50.95g (18.53%), Sugar: 7.23g (8.03%), Cholesterol: 229.46mg (76.49%), Sodium: 390.68mg (16.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 40.4g (80.79%), Phosphorus: 362.22mg (36.22%), Copper: 0.64mg (32.13%), Fiber: 6.51g (26.02%), Iron: 3.38mg (18.75%), Potassium: 613.95mg (17.54%), Magnesium: 63.25mg (15.81%), Calcium: 155.84mg (15.58%), Zinc: 2.22mg (14.77%), Vitamin C: 10.82mg (13.12%), Vitamin A: 645.02IU (12.9%), Vitamin E: 1.61mg (10.75%), Manganese: 0.17mg (8.33%), Vitamin B2: 0.1mg (5.61%), Vitamin K: 5.61µg (5.34%), Selenium: 2.94µg (4.2%), Vitamin B6: 0.07mg (3.58%), Folate: 13.97µg (3.49%), Vitamin B12: 0.17µg (2.92%), Vitamin B3: 0.54mg (2.7%), Vitamin B1: 0.03mg (1.99%), Vitamin B5: 0.19mg (1.94%)