



HEALTH SCORE

43%

25-Minute Tunisian Vegetable Couscous



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



351 kcal

SIDE DISH

Ingredients

- 0.5 cup portabello mushrooms sliced
- 16 ounce garbanzo beans drained canned
- 1 carrots coarsely chopped
- 2 cups couscous dry
- 1 tablespoon cilantro leaves fresh chopped
- 0.3 teaspoon ground cardamom
- 1 tablespoon olive oil
- 1 teaspoon orange zest grated

- 1 bell pepper red coarsely chopped
- 1 onion red chopped
- 2 roma tomatoes sliced
- 0.3 teaspoon salt
- 0.5 teaspoon paprika smoked sweet
- 4 cups vegetable stock
- 1 bell pepper yellow coarsely chopped
- 1 to 3 sized squashes yellow coarsely chopped
- 1 zucchini coarsely chopped

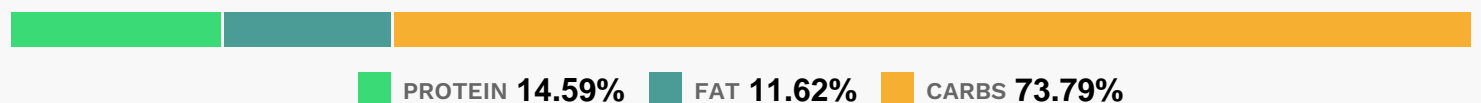
Equipment

- pot

Directions

- Heat oil in large pot over medium-low heat.
- Place onion, zucchini, yellow squash, and carrot in pot and cook, stirring occasionally, until onions begin to soften and turn translucent, about 5 minutes. Stir in the red and yellow peppers and mushrooms; cook another 3 minutes. Vegetables should still be firm.
- Pour in the vegetable stock and season with paprika, cardamom, salt, and cilantro. Bring mixture to a boil; reduce heat to low. Stir in chickpeas and tomatoes. Slowly pour in the couscous; stir. Cover pot immediately and remove from the heat.
- Let stand, covered, for 5 minutes. Fluff couscous with a fork. The couscous should have absorbed about half the cooking liquid.
- Serve at slightly warmer than room temperature.
- Garnish with orange zest and the grated cheese, paprika, and almonds.

Nutrition Facts



Properties

Glycemic Index:65.53, Glycemic Load:32.33, Inflammation Score:-10, Nutrition Score:21.096086956522%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg, Quercetin: 4.37mg

Nutrients (% of daily need)

Calories: 350.97kcal (17.55%), Fat: 4.58g (7.04%), Saturated Fat: 0.63g (3.93%), Carbohydrates: 65.42g (21.8%), Net Carbohydrates: 56.87g (20.68%), Sugar: 5.7g (6.33%), Cholesterol: 0mg (0%), Sodium: 953.59mg (41.46%), Protein: 12.93g (25.86%), Vitamin C: 78.54mg (95.19%), Manganese: 1.32mg (66.09%), Vitamin A: 3095.31IU (61.91%), Vitamin B6: 0.7mg (35.21%), Fiber: 8.55g (34.19%), Phosphorus: 215.6mg (21.56%), Folate: 72.77µg (18.19%), Copper: 0.36mg (18.16%), Potassium: 599.53mg (17.13%), Magnesium: 67.89mg (16.97%), Vitamin B3: 3.38mg (16.88%), Vitamin B5: 1.31mg (13.13%), Vitamin B1: 0.19mg (12.87%), Iron: 2.18mg (12.09%), Vitamin B2: 0.18mg (10.7%), Zinc: 1.43mg (9.51%), Vitamin K: 8.15µg (7.76%), Calcium: 65.22mg (6.52%), Vitamin E: 0.96mg (6.42%), Selenium: 3.17µg (4.53%)