



Baked Couscous with Summer Squash and Herbs

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.8 cup couscous uncooked
- 0.3 cup egg substitute
- 14 ounce fat-skimmed beef broth fat-free divided canned
- 1 ounce fontina shredded
- 2 tablespoons basil fresh chopped
- 2 tablespoons basil fresh chopped
- 1 garlic clove minced

- 0.5 cup spring onion sliced
- 1 tablespoon oregano fresh chopped
- 1 ounce parmesan grated
- 0.3 teaspoon salt
- 2 cups to 3 sized squashes yellow sliced (2 small)

Equipment

- bowl
- frying pan
- sauce pan
- oven
- baking pan

Directions

- Preheat oven to 400
- Bring 1 cup chicken broth to a boil in a medium saucepan; gradually stir in uncooked couscous.
- Remove from heat; cover and let stand 5 minutes. Fluff couscous with a fork.
- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Add squash, onions, basil, oregano, and garlic; saut 3 minutes or until squash is tender. Set aside.
- Combine fontina and Parmigiano-Reggiano; set aside.
- Combine couscous, squash mixture, and half of cheese mixture in a large bowl; stir in remaining chicken broth, egg substitute, salt, and pepper. Spoon mixture into an 8 x 8-inch baking dish lightly coated with cooking spray. Top with remaining cheese mixture.
- Bake at 400 for 35 minutes or until golden.
- Serve warm.

Nutrition Facts



■ PROTEIN 22.45% ■ FAT 19.95% ■ CARBS 57.6%

Properties

Glycemic Index:65, Glycemic Load:10.72, Inflammation Score:-7, Nutrition Score:8.1839129665624%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg, Quercetin: 0.9mg

Nutrients (% of daily need)

Calories: 137.82kcal (6.89%), Fat: 3.07g (4.73%), Saturated Fat: 1.74g (10.89%), Carbohydrates: 19.96g (6.65%), Net Carbohydrates: 17.84g (6.49%), Sugar: 1.48g (1.64%), Cholesterol: 8.69mg (2.9%), Sodium: 505.45mg (21.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.78g (15.56%), Vitamin K: 29.46µg (28.06%), Manganese: 0.33mg (16.68%), Calcium: 125.72mg (12.57%), Phosphorus: 120.65mg (12.07%), Selenium: 7.58µg (10.82%), Vitamin C: 8.44mg (10.22%), Vitamin B2: 0.16mg (9.47%), Fiber: 2.12g (8.48%), Vitamin B6: 0.16mg (7.95%), Vitamin B3: 1.44mg (7.2%), Vitamin A: 345.97IU (6.92%), Iron: 1.2mg (6.64%), Folate: 26.37µg (6.59%), Magnesium: 25.86mg (6.47%), Potassium: 223.67mg (6.39%), Vitamin B5: 0.64mg (6.35%), Copper: 0.11mg (5.5%), Vitamin B1: 0.08mg (5.36%), Zinc: 0.77mg (5.12%), Vitamin B12: 0.3µg (5.04%), Vitamin E: 0.44mg (2.92%), Vitamin D: 0.21µg (1.41%)