



Beets with Couscous, Mint, and Almond



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1 pound beets peeled halved
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup couscous
- ☐ 0.5 teaspoon dijon mustard
- ☐ 2 teaspoons juice of lemon
- ☐ 3 tablespoons mint leaves
- ☐ 2 tablespoons olive oil extra-virgin

- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 0.3 cup water

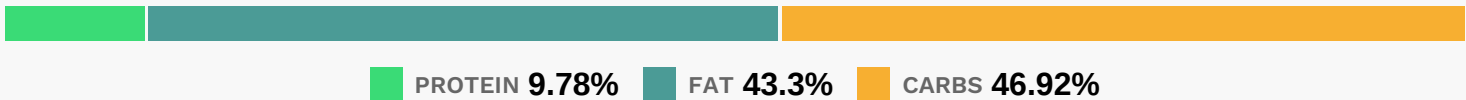
Equipment

- ☐ baking paper
- ☐ microwave

Directions

- ☐ Wrap beets in parchment paper. Microwave at HIGH until tender (about 7 minutes).
- ☐ Let stand 5 minutes.
- ☐ Cut into 1-inch pieces.
- ☐ Bring water to a boil.
- ☐ Add couscous; cover.
- ☐ Remove from heat; let stand 5 minutes.
- ☐ Combine shallots, olive oil, lemon juice, Dijon mustard, salt, and pepper.
- ☐ Add beets and couscous. Top with almonds and mint.

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:11.97, Inflammation Score:-5, Nutrition Score:9.6495652354282%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg, Eriodictyol: 1.3mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg, Luteolin: 0.9mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg

0.15mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 205.61kcal (10.28%), Fat: 10.23g (15.73%), Saturated Fat: 1.25g (7.79%), Carbohydrates: 24.93g (8.31%), Net Carbohydrates: 19.79g (7.2%), Sugar: 8.38g (9.31%), Cholesterol: 0mg (0%), Sodium: 245.11mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.4%), Manganese: 0.69mg (34.74%), Folate: 135.56µg (33.89%), Fiber: 5.14g (20.56%), Vitamin E: 2.53mg (16.9%), Potassium: 477.93mg (13.66%), Magnesium: 52.86mg (13.22%), Phosphorus: 104.34mg (10.43%), Copper: 0.2mg (10.12%), Vitamin C: 8.12mg (9.84%), Iron: 1.59mg (8.84%), Vitamin B2: 0.13mg (7.89%), Vitamin B6: 0.12mg (6.19%), Vitamin B3: 1.17mg (5.86%), Vitamin B1: 0.08mg (5.23%), Zinc: 0.77mg (5.11%), Calcium: 49.88mg (4.99%), Vitamin K: 4.69µg (4.47%), Vitamin B5: 0.42mg (4.16%), Vitamin A: 198.26IU (3.97%), Selenium: 1.31µg (1.87%)