



Breakfast Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



304 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup couscous uncooked
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 1 cup milk 1% low-fat
- ☐ 0.3 cup raisins
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup walnuts toasted chopped

☐ 0.3 cup water

Equipment

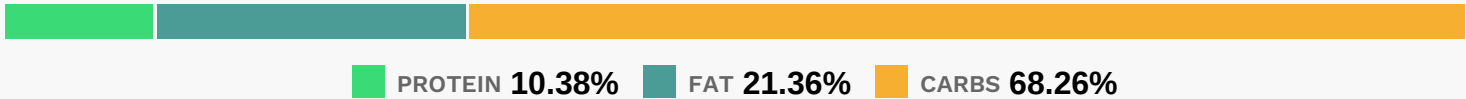
☐ bowl

☐ sauce pan

Directions

- ☐ Bring water to a boil in a small saucepan; stir in milk and remaining ingredients.
- ☐ Remove from heat. Cover; let stand 10 minutes. (
- ☐ Mixture will thicken as it cools.)
- ☐ Serve cooled spoonfuls in a small bowl. Omit walnuts, if desired.

Nutrition Facts



Properties

Glycemic Index:49.6, Glycemic Load:18.81, Inflammation Score:-3, Nutrition Score:8.5143478072208%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 304.11kcal (15.21%), Fat: 7.47g (11.49%), Saturated Fat: 1.11g (6.94%), Carbohydrates: 53.71g (17.9%), Net Carbohydrates: 50.08g (18.21%), Sugar: 19.26g (21.4%), Cholesterol: 3.93mg (1.31%), Sodium: 137.8mg (5.99%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.16g (16.33%), Manganese: 0.68mg (34.14%), Phosphorus: 174.18mg (17.42%), Fiber: 3.63g (14.52%), Copper: 0.28mg (13.9%), Calcium: 130.52mg (13.05%), Magnesium: 42.68mg (10.67%), Vitamin B2: 0.17mg (10.13%), Potassium: 332.67mg (9.5%), Vitamin B1: 0.14mg (9.33%), Vitamin B6: 0.16mg (8.08%), Vitamin B12: 0.48µg (8%), Vitamin B5: 0.74mg (7.37%), Vitamin B3: 1.41mg (7.04%), Zinc: 0.92mg (6.14%), Vitamin D: 0.87µg (5.77%), Iron: 1.03mg (5.74%), Folate: 17.36µg (4.34%), Selenium: 2.37µg (3.38%), Vitamin A: 157.12IU (3.14%), Vitamin E: 0.3mg (2.03%), Vitamin K: 1.21µg (1.16%)