



Broccoli Couscous



Vegetarian



Dairy Free

READY IN



10 min.

SERVINGS



4

CALORIES



191 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce broccoli frozen chopped
- ☐ 1 cup couscous uncooked
- ☐ 14.3 ounce chicken broth fat-free reduced-sodium canned
- ☐ 0.3 teaspoon pepper freshly ground
- ☐ 0.5 teaspoon salt

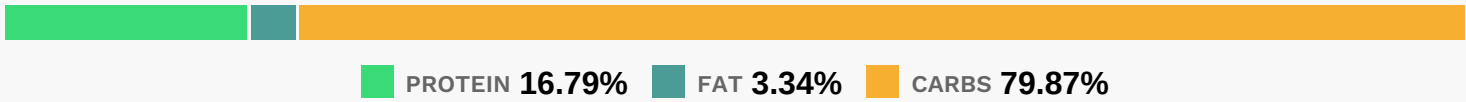
Equipment

- ☐ sauce pan

Directions

- ☐ Thaw 1 (10-ounce) package frozen chopped broccoli, and drain.
- ☐ Combine 1 (14 1/4-ounce) can fat-free, reduced-sodium chicken broth, 1/2 teaspoon salt, and 1/4 teaspoon freshly ground pepper in a medium saucepan; bring to a boil.
- ☐ Add 1 cup uncooked couscous and broccoli to broth. Cover, remove from heat, and let stand 5 minutes or until liquid is absorbed. Fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:21.29, Inflammation Score:-6, Nutrition Score:14.222173856652%

Flavonoids

Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg, Kaempferol: 5.56mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg, Quercetin: 2.31mg

Nutrients (% of daily need)

Calories: 191.07kcal (9.55%), Fat: 0.71g (1.1%), Saturated Fat: 0.13g (0.83%), Carbohydrates: 38.42g (12.81%), Net Carbohydrates: 34.38g (12.5%), Sugar: 1.36g (1.51%), Cholesterol: 0mg (0%), Sodium: 731.49mg (31.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.08g (16.15%), Vitamin C: 63.22mg (76.63%), Vitamin K: 72.5µg (69.04%), Manganese: 0.51mg (25.7%), Fiber: 4.04g (16.15%), Folate: 54.33µg (13.58%), Phosphorus: 131.61mg (13.16%), Vitamin B3: 2.53mg (12.64%), Vitamin B5: 1.07mg (10.67%), Potassium: 327.78mg (9.37%), Vitamin B6: 0.19mg (9.31%), Vitamin A: 442.23IU (8.84%), Magnesium: 35.14mg (8.79%), Vitamin B1: 0.13mg (8.53%), Copper: 0.16mg (8.13%), Vitamin B2: 0.14mg (8.12%), Iron: 1.14mg (6.34%), Selenium: 4µg (5.72%), Calcium: 48.46mg (4.85%), Zinc: 0.67mg (4.48%), Vitamin E: 0.55mg (3.69%), Vitamin B12: 0.2µg (3.37%)