



Browned Butternut Squash Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

Ingredients

- 8 servings pepper black freshly ground
- 1.5 pound butternut squash
- 2 teaspoons ground cumin
- 8 servings kosher salt
- 0.5 cup roasted salted coarsely chopped
- 3 medium spring onion light white green thinly sliced (and parts only)
- 2.3 cups vegetable broth low-sodium
- 1.5 cups couscous whole-wheat

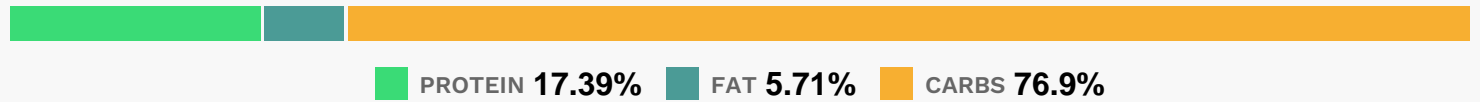
Equipment

- bowl
- frying pan
- sauce pan
- plastic wrap
- peeler

Directions

- Prepare the squash: Peel off the skin with a vegetable peeler. Trim the top and bottom.
- Cut the neck from the bulb of the squash. Halve each piece lengthwise and scrape out the seeds.
- Cut the squash into 1/4-inch cubes and set aside. (You will need about 3 cups. Save any remaining for another use.)
- Heat the oil in a large frying pan over medium heat until shimmering.
- Add the squash and cumin, season with salt and pepper, and cook, stirring occasionally, until the squash is browned and fork tender, about 30 minutes; set aside.
- Place the couscous in a medium heatproof bowl. Bring the broth or water to a boil in a small saucepan over high heat.
- Pour over the couscous and stir in reserved squash. Cover with plastic wrap and set aside until couscous is tender and liquid has been absorbed, about 5 to 10 minutes. Stir in scallions and almonds.

Nutrition Facts



Properties

Glycemic Index:8.63, Glycemic Load:0.11, Inflammation Score:-10, Nutrition Score:12.505652152974%

Flavonoids

Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg, Quercetin: 0.6mg

Nutrients (% of daily need)

Calories: 229.37kcal (11.47%), Fat: 1.59g (2.44%), Saturated Fat: 0.21g (1.33%), Carbohydrates: 48.06g (16.02%), Net Carbohydrates: 41.96g (15.26%), Sugar: 3.07g (3.42%), Cholesterol: 9.32mg (3.11%), Sodium: 206.2mg (8.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.74%), Vitamin A: 9103.64IU (182.07%), Fiber: 6.1g (24.4%), Vitamin C: 18.96mg (22.98%), Iron: 2.5mg (13.91%), Vitamin B6: 0.25mg (12.43%), Vitamin K: 12.77µg (12.16%), Potassium: 380.51mg (10.87%), Manganese: 0.21mg (10.59%), Vitamin B1: 0.16mg (10.46%), Vitamin B3: 1.92mg (9.62%), Magnesium: 35.89mg (8.97%), Vitamin E: 1.29mg (8.62%), Folate: 26.63µg (6.66%), Calcium: 66.36mg (6.64%), Phosphorus: 66.07mg (6.61%), Selenium: 4.59µg (6.55%), Vitamin B5: 0.46mg (4.56%), Copper: 0.08mg (4.01%), Vitamin B2: 0.05mg (3%), Zinc: 0.44mg (2.94%), Vitamin B12: 0.08µg (1.26%)