



Butternut Squash and Cranberry Couscous



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



7

CALORIES



323 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup southern grove almonds toasted sliced
- ☐ 4 cups butternut squash diced peeled
- ☐ 0.3 cup celery diced
- ☐ 10 ounces reggano original couscous
- ☐ 5 ounces southern grove cranberries dried
- ☐ 1 teaspoon stonemill essentials ground pepper black divided
- ☐ 4 tablespoons juice of lemon
- ☐ 1 lemon zest

- ☐ 1 tablespoon carlini olive oil 100% pure
- ☐ 1 teaspoon stonemill essentials iodized salt divided
- ☐ 4 cups water divided

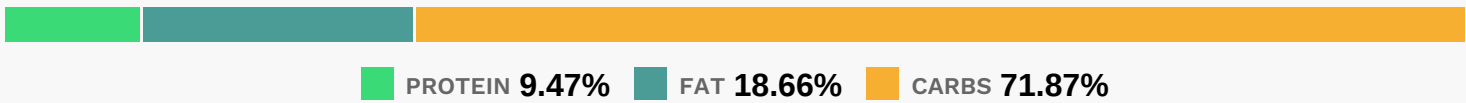
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ In a medium bowl, toss butternut squash with 1 teaspoon olive oil, 1/4 teaspoon salt and 1/4 teaspoon pepper.
- ☐ Place on baking pan.
- ☐ Bake for 15 minutes or until tender.
- ☐ In a small bowl, rehydrate the dried cranberries by combining with 2 cups hot water. Soak for one minute.
- ☐ Drain.
- ☐ In a medium sauce pan, bring 2 cups water, 1/2 teaspoon salt and 1 tablespoon olive oil to a boil. Stir in couscous and cover, remove from heat, let stand 5 minutes.
- ☐ Remove cover, fluff and allow to cool for 10 minutes.
- ☐ In a large bowl, combine the couscous, butternut squash, cranberries and remaining ingredients.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:19.86, Glycemic Load:19.2, Inflammation Score:-10, Nutrition Score:15.986521684605%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg, Eriodictyol: 0.44mg Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg, Hesperetin: 1.24mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 322.74kcal (16.14%), Fat: 6.97g (10.73%), Saturated Fat: 0.7g (4.38%), Carbohydrates: 60.42g (20.14%), Net Carbohydrates: 54.36g (19.77%), Sugar: 17.16g (19.07%), Cholesterol: 0mg (0%), Sodium: 351.4mg (15.28%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.97g (15.93%), Vitamin A: 8528.19IU (170.56%), Manganese: 0.77mg (38.73%), Vitamin E: 4.14mg (27.59%), Vitamin C: 21.41mg (25.95%), Fiber: 6.06g (24.24%), Magnesium: 72.51mg (18.13%), Copper: 0.29mg (14.51%), Vitamin B3: 2.83mg (14.16%), Phosphorus: 141.41mg (14.14%), Potassium: 449.57mg (12.84%), Vitamin B1: 0.17mg (11.37%), Vitamin B6: 0.2mg (9.86%), Vitamin B5: 0.94mg (9.38%), Vitamin B2: 0.16mg (9.32%), Folate: 37.16µg (9.29%), Calcium: 82.65mg (8.26%), Iron: 1.47mg (8.15%), Vitamin K: 5.5µg (5.24%), Zinc: 0.78mg (5.2%), Selenium: 0.93µg (1.33%)