

Calico Couscous



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



148 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup whole-kernel corn frozen
- ☐ 1 cup couscous uncooked
- ☐ 2 tablespoons cilantro leaves fresh chopped
- ☐ 2 cloves garlic minced
- ☐ 1.5 tablespoons juice of lime
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup tomatoes seeded chopped (1 medium)

☐ 1.5 cups water

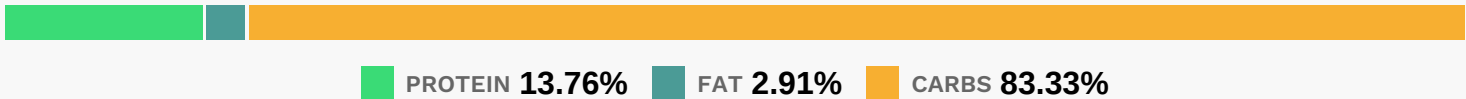
Equipment

☐ sauce pan

Directions

- ☐ Combine first 6 ingredients in a medium saucepan; place over medium–high heat, and bring to a boil. Stir in couscous, and cover; remove from heat, and let stand 5 minutes.
- ☐ Fluff couscous mixture with a fork.
- ☐ Add tomato and cilantro, tossing well.

Nutrition Facts



Properties

Glycemic Index:39.4, Glycemic Load:16.64, Inflammation Score:–3, Nutrition Score:4.3569565246934%

Flavonoids

Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg, Eriodictyol: 0.1mg Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg, Hesperetin: 0.4mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 148.31kcal (7.42%), Fat: 0.48g (0.74%), Saturated Fat: 0.09g (0.56%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 28.45g (10.35%), Sugar: 1.41g (1.56%), Cholesterol: 0mg (0%), Sodium: 158.41mg (6.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.19%), Manganese: 0.35mg (17.43%), Fiber: 2.4g (9.6%), Vitamin B3: 1.52mg (7.61%), Phosphorus: 74.43mg (7.44%), Vitamin C: 5.09mg (6.17%), Copper: 0.12mg (6.1%), Magnesium: 21.4mg (5.35%), Vitamin B5: 0.52mg (5.23%), Vitamin B1: 0.07mg (4.97%), Folate: 16.94µg (4.24%), Vitamin A: 207.26IU (4.15%), Potassium: 144.32mg (4.12%), Vitamin B6: 0.08mg (3.96%), Iron: 0.52mg (2.87%), Vitamin B2: 0.05mg (2.84%), Zinc: 0.4mg (2.7%), Vitamin K: 2.47µg (2.36%), Calcium: 16.58mg (1.66%), Vitamin E: 0.15mg (1.01%)