



Carrot Couscous with Fresh Chives



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



231 kcal

SIDE DISH

Ingredients

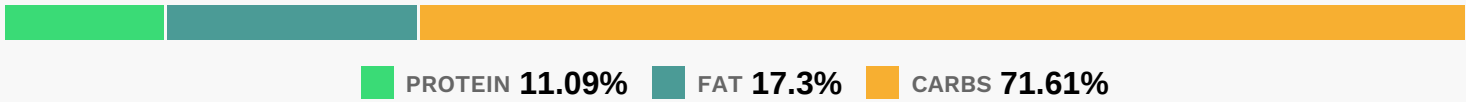
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.7 cup carrot juice
- ☐ 0.5 cup couscous uncooked
- ☐ 2 tablespoons chives fresh chopped
- ☐ 1.5 teaspoons juice of lemon fresh
- ☐ 2 teaspoons olive oil
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐ Bring first 4 ingredients to a simmer over medium-high heat; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes.
- ☐ Drizzle with oil; fluff with a fork.
- ☐ Sprinkle with chives; toss to combine.

Nutrition Facts



Properties

Glycemic Index:92.5, Glycemic Load:23.27, Inflammation Score:-10, Nutrition Score:11.799565211586%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg, Kaempferol: 0.3mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 231.49kcal (11.57%), Fat: 4.43g (6.82%), Saturated Fat: 0.63g (3.95%), Carbohydrates: 41.26g (13.75%), Net Carbohydrates: 38.35g (13.94%), Sugar: 3.23g (3.59%), Cholesterol: 0mg (0%), Sodium: 347.16mg (15.09%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 6.39g (12.78%), Vitamin A: 15175.71IU (303.51%), Manganese: 0.47mg (23.4%), Vitamin K: 21.2µg (20.19%), Vitamin C: 9.88mg (11.98%), Fiber: 2.91g (11.64%), Vitamin B6: 0.22mg (11.23%), Phosphorus: 108.8mg (10.88%), Vitamin E: 1.5mg (10.01%), Vitamin B1: 0.15mg (9.75%), Vitamin B3: 1.84mg (9.19%), Potassium: 316.01mg (9.03%), Magnesium: 31.75mg (7.94%), Copper: 0.15mg (7.51%), Vitamin B5: 0.73mg (7.33%), Iron: 0.92mg (5.09%), Vitamin B2: 0.08mg (4.78%), Folate: 15.72µg (3.93%), Zinc: 0.52mg (3.48%), Calcium: 33.02mg (3.3%)