



Cherry Couscous Pudding

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 1.5 cups couscous steamed
- ☐ 0.3 cup cherries dried
- ☐ 0.3 teaspoon ground cinnamon
- ☐ 0.5 cup milk
- ☐ 3 tablespoons sugar
- ☐ 1 vanilla pod
- ☐ 8 ounce vanilla yogurt flavored

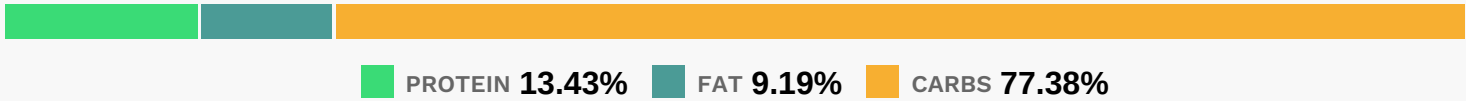
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat milk, sugar and cherries in medium saucepan over medium heat. Bring to simmer, remove from heat, cover and let steep for 10 minutes.
- ☐ Add pulp from vanilla bean to milk and whisk to combine.
- ☐ Pour mixture over couscous in bowl and add yogurt. Stir to combine. Divide evenly among 4 custard cups, sprinkle with cinnamon and refrigerate for 1 hour.

Nutrition Facts



Properties

Glycemic Index:44.52, Glycemic Load:15.18, Inflammation Score:-3, Nutrition Score:5.8760869548373%

Nutrients (% of daily need)

Calories: 194.42kcal (9.72%), Fat: 2g (3.07%), Saturated Fat: 1.04g (6.51%), Carbohydrates: 37.82g (12.61%), Net Carbohydrates: 36.22g (13.17%), Sugar: 22.26g (24.73%), Cholesterol: 6.49mg (2.16%), Sodium: 53.27mg (2.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.13%), Selenium: 19.61µg (28.01%), Calcium: 147.34mg (14.73%), Phosphorus: 120.38mg (12.04%), Vitamin B2: 0.17mg (10.22%), Vitamin B12: 0.47µg (7.75%), Vitamin A: 343.1IU (6.86%), Vitamin B5: 0.65mg (6.46%), Fiber: 1.6g (6.41%), Potassium: 204.79mg (5.85%), Vitamin B1: 0.08mg (5.2%), Zinc: 0.75mg (5.01%), Magnesium: 17.52mg (4.38%), Folate: 15.08µg (3.77%), Manganese: 0.08mg (3.76%), Vitamin B6: 0.07mg (3.72%), Vitamin B3: 0.67mg (3.37%), Vitamin D: 0.34µg (2.24%), Iron: 0.4mg (2.23%), Copper: 0.03mg (1.64%)