



Chicken Sausage and Couscous



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



18 min.

SERVINGS



4

CALORIES



465 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 12 ounce mild chicken sausage wild with mushrooms and sun-dried tomatoes such as gerhard's
- ☐ 0.8 cup couscous uncooked
- ☐ 0.3 teaspoon pepper red crushed
- ☐ 0.8 teaspoon curry powder
- ☐ 0.8 cup onion finely chopped
- ☐ 0.3 cup pinenuts
- ☐ 0.5 cup raisins
- ☐ 0.3 teaspoon salt

☐ 2 cups water

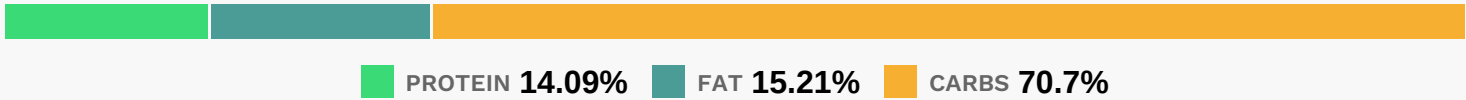
Equipment

☐ frying pan

Directions

- ☐ Heat a large nonstick skillet over medium heat. Coat pan with cooking spray.
- ☐ Add sausage to pan; cook 5 to 7 minutes or until browned on all sides.
- ☐ Remove from pan; set aside, and keep warm.
- ☐ . Coat pan with cooking spray.
- ☐ Add onion and pine nuts; cook 3 minutes or until pine nuts begin to brown, stirring occasionally. Increase heat to high; add 2 cups water to onion mixture. Bring to a boil, scraping bottom of pan to loosen browned bits.
- ☐ Add couscous and next 4 ingredients, stirring well. Arrange sausage over couscous.
- ☐ Remove from heat. Cover and let stand 5 minutes or until liquid is absorbed.

Nutrition Facts



Properties

Glycemic Index:46.45, Glycemic Load:34.63, Inflammation Score:-9, Nutrition Score:34.334347517594%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg, Isorhamnetin: 1.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg, Quercetin: 6.09mg

Nutrients (% of daily need)

Calories: 465.4kcal (23.27%), Fat: 8.7g (13.39%), Saturated Fat: 0.87g (5.44%), Carbohydrates: 90.98g (30.33%), Net Carbohydrates: 76.68g (27.88%), Sugar: 33.57g (37.3%), Cholesterol: 0mg (0%), Sodium: 254.19mg (11.05%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.14g (36.28%), Manganese: 2.67mg (133.57%), Potassium: 3222.97mg (92.08%), Copper: 1.49mg (74.45%), Fiber: 14.31g (57.22%), Magnesium: 211.21mg (52.8%), Iron: 9.21mg (51.19%), Vitamin B3: 9.46mg (47.32%), Vitamin C: 36.65mg (44.42%), Phosphorus: 430.41mg (43.04%), Vitamin K:

41.75µg (39.76%), Vitamin B1: 0.57mg (37.87%), Vitamin B2: 0.5mg (29.63%), Vitamin B5: 2.25mg (22.51%), Vitamin B6: 0.4mg (20.15%), Folate: 74.05µg (18.51%), Zinc: 2.62mg (17.48%), Vitamin A: 787.13IU (15.74%), Calcium: 120.51mg (12.05%), Selenium: 5.09µg (7.26%), Vitamin E: 0.93mg (6.21%)