



## Christmas Couscous

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

### Ingredients

- 1 tablespoon butter
- 0.5 bell pepper diced green
- 0.3 cup parmesan cheese grated
- 6 ounces quick-cooking couscous
- 0.5 bell pepper red chopped
- 4 cups water

### Equipment

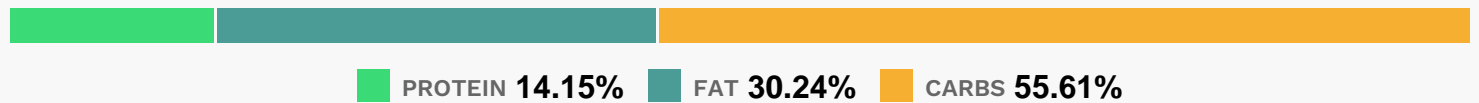
- sauce pan

wooden spoon

## Directions

- Place dry couscous, red and green peppers, and Parmesan cheese in 2 quart saucepan.
- Mix well.
- In a large saucepan, bring water to a boil. Stir in butter.
- Pour water into saucepan with couscous mixture. Cover for about 5 minutes. When you remove cover, couscous will be ready. Fluff with a wooden spoon.

## Nutrition Facts



## Properties

Glycemic Index:39.25, Glycemic Load:16.48, Inflammation Score:-7, Nutrition Score:14.783478382489%

## Flavonoids

Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

## Nutrients (% of daily need)

Calories: 216.02kcal (10.8%), Fat: 7.58g (11.66%), Saturated Fat: 3.26g (20.36%), Carbohydrates: 31.36g (10.45%), Net Carbohydrates: 26.79g (9.74%), Sugar: 1.59g (1.77%), Cholesterol: 12.96mg (4.32%), Sodium: 146.03mg (6.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.96%), Manganese: 1.87mg (93.43%), Vitamin C: 31mg (37.58%), Magnesium: 122.71mg (30.68%), Phosphorus: 242.07mg (24.21%), Selenium: 16.7µg (23.85%), Fiber: 4.56g (18.25%), Vitamin B1: 0.25mg (16.53%), Vitamin A: 662.3IU (13.25%), Iron: 2.12mg (11.76%), Zinc: 1.71mg (11.43%), Copper: 0.21mg (10.5%), Calcium: 85.7mg (8.57%), Potassium: 221.99mg (6.34%), Vitamin B6: 0.12mg (6.21%), Folate: 22.42µg (5.6%), Vitamin B2: 0.09mg (5.33%), Vitamin E: 0.7mg (4.67%), Vitamin B5: 0.39mg (3.88%), Vitamin K: 3.54µg (3.37%), Vitamin B3: 0.57mg (2.86%), Vitamin B12: 0.09µg (1.51%)