



Cinnamon Beef over Couscous

 Dairy Free

READY IN



23 min.

SERVINGS



6

CALORIES



368 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 14.5 ounce canned tomatoes diced with roasted garlic canned
- ☐ 1.3 cups couscous uncooked
- ☐ 0.5 teaspoon ground allspice
- ☐ 1.5 teaspoons ground cinnamon divided
- ☐ 1 teaspoon ground cumin
- ☐ 1 pound ground round
- ☐ 10 pimiento-stuffed olives coarsely chopped
- ☐ 0.5 cup raisins

- ☐ 3 tablespoons slivered almonds toasted
- ☐ 0.3 cup water

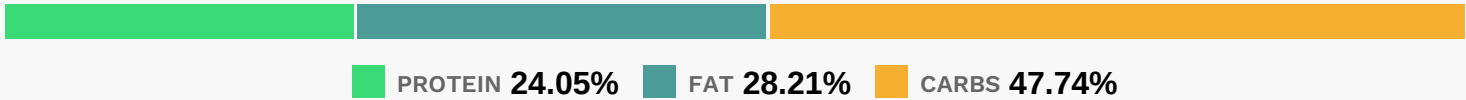
Equipment

- ☐ frying pan

Directions

- ☐ Cook couscous according to package directions, omitting salt and fat.
- ☐ Cook beef in a large nonstick skillet over medium-high heat 3 minutes or until browned, stirring to crumble. Stir in 1 teaspoon cinnamon, tomatoes, and next 5 ingredients.
- ☐ Bring to a boil; cover, reduce heat, and simmer 10 minutes.
- ☐ Remove from heat; stir in almonds and 1/2 teaspoon cinnamon. Cover and let stand 5 minutes.
- ☐ Serve over couscous.

Nutrition Facts



Properties

Glycemic Index:32.8, Glycemic Load:23.53, Inflammation Score:-4, Nutrition Score:16.050869713659%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg, Isorhamnetin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 367.8kcal (18.39%), Fat: 11.66g (17.93%), Saturated Fat: 3.5g (21.85%), Carbohydrates: 44.39g (14.8%), Net Carbohydrates: 39.28g (14.28%), Sugar: 3.29g (3.65%), Cholesterol: 49.14mg (16.38%), Sodium: 252.6mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 22.36g (44.73%), Manganese: 0.66mg (33.2%), Vitamin B3: 6.29mg (31.44%), Zinc: 4.31mg (28.76%), Vitamin B12: 1.67µg (27.85%), Phosphorus: 257.85mg (25.78%), Vitamin B6:

0.46mg (22.78%), Iron: 3.78mg (20.99%), Fiber: 5.11g (20.43%), Selenium: 13.34µg (19.05%), Potassium: 652.23mg (18.64%), Copper: 0.37mg (18.6%), Vitamin E: 2.65mg (17.7%), Magnesium: 64.38mg (16.1%), Vitamin B2: 0.26mg (15.44%), Vitamin B1: 0.17mg (11.3%), Vitamin B5: 1.12mg (11.2%), Vitamin C: 7.07mg (8.56%), Calcium: 70.83mg (7.08%), Folate: 23.54µg (5.88%), Vitamin K: 4.5µg (4.29%), Vitamin A: 180.16IU (3.6%)