

Citrus Couscous



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



118 kcal

SIDE DISH

Ingredients

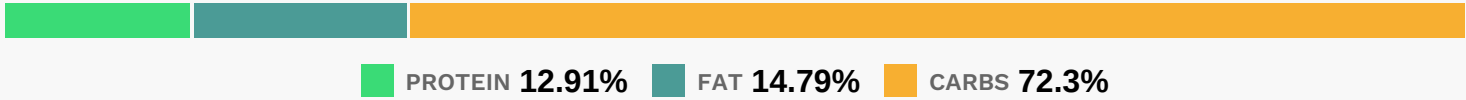
- ☐ 0.5 ounce almonds toasted sliced
- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.5 cup couscous
- ☐ 0.3 teaspoon kosher salt
- ☐ 1 cranberry-orange relish

Equipment

Directions

- ☐ Rehydrate couscous in water according to package directions, omitting salt and fat. Fluff with a fork.
- ☐ Add sections from orange and almonds.
- ☐ Sprinkle couscous mixture with kosher salt and freshly ground black pepper; toss.

Nutrition Facts



Properties

Glycemic Index:37.38, Glycemic Load:11.54, Inflammation Score:-3, Nutrition Score:4.5286956818207%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg, Hesperetin: 8.92mg Naringenin: 5.03mg, Naringenin: 5.03mg, Naringenin: 5.03mg, Naringenin: 5.03mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg, Quercetin: 0.16mg

Nutrients (% of daily need)

Calories: 117.53kcal (5.88%), Fat: 1.95g (3%), Saturated Fat: 0.17g (1.04%), Carbohydrates: 21.45g (7.15%), Net Carbohydrates: 19.11g (6.95%), Sugar: 3.22g (3.57%), Cholesterol: 0mg (0%), Sodium: 147.57mg (6.42%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 3.83g (7.66%), Vitamin C: 17.42mg (21.12%), Manganese: 0.27mg (13.71%), Fiber: 2.34g (9.37%), Vitamin E: 0.97mg (6.45%), Phosphorus: 58.59mg (5.86%), Magnesium: 22.58mg (5.64%), Copper: 0.11mg (5.32%), Vitamin B3: 0.98mg (4.88%), Vitamin B1: 0.07mg (4.74%), Vitamin B2: 0.07mg (4.15%), Folate: 15.73µg (3.93%), Vitamin B5: 0.37mg (3.69%), Potassium: 122.84mg (3.51%), Calcium: 28.47mg (2.85%), Vitamin B6: 0.05mg (2.43%), Iron: 0.41mg (2.28%), Zinc: 0.31mg (2.1%), Vitamin A: 74.41IU (1.49%)