



 **94%**
HEALTH SCORE

Citrus Curried Couscous with Brussels Sprouts

 Vegetarian  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



5

CALORIES



271 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 0.1 teaspoon pepper black
- 1 pound brussels sprouts trimmed
- 0.3 cup carrots shredded finely
- 1 cup couscous uncooked
- 2 teaspoons curry powder
- 0.3 cup less-sodium chicken broth fat-free
- 0.3 cup golden raisins

- 0.3 cup juice of lemon
- 1 tablespoon olive oil
- 0.3 cup orange juice fresh
- 3 tablespoons pinenuts toasted
- 0.3 teaspoon salt
- 1.5 cups water

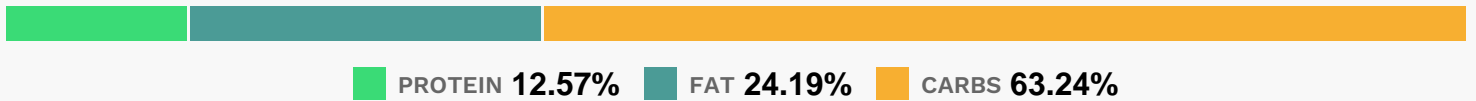
Equipment

- bowl
- sauce pan
- whisk

Directions

- To prepare dressing, combine first 7 ingredients in a large bowl, and stir well with a whisk.
- Steam Brussels sprouts, covered, 8 minutes or until tender.
- Drain and dice.
- Bring water to a boil in a medium saucepan; gradually stir in couscous.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Add Brussels sprouts, couscous, carrot, raisins, and pine nuts to dressing; toss well.

Nutrition Facts



Properties

Glycemic Index:57.9, Glycemic Load:21.83, Inflammation Score:-9, Nutrition Score:22.287391387898%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 3.25mg, Hesperetin: 3.25mg, Hesperetin: 3.25mg, Hesperetin: 3.25mg Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg, Naringenin: 3.42mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg

Myricetin: 0.01mg Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg, Quercetin: 2.01mg

Nutrients (% of daily need)

Calories: 271.07kcal (13.55%), Fat: 7.64g (11.75%), Saturated Fat: 0.82g (5.11%), Carbohydrates: 44.92g (14.97%), Net Carbohydrates: 38.66g (14.06%), Sugar: 8.3g (9.22%), Cholesterol: 0mg (0%), Sodium: 199.99mg (8.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.93g (17.85%), Vitamin K: 167.76µg (159.78%), Vitamin C: 88.91mg (107.77%), Manganese: 1.18mg (59.18%), Vitamin A: 2145.03IU (42.9%), Fiber: 6.27g (25.07%), Folate: 73.65µg (18.41%), Phosphorus: 174.44mg (17.44%), Potassium: 581.37mg (16.61%), Vitamin B1: 0.23mg (15.17%), Vitamin B6: 0.3mg (14.95%), Magnesium: 59.75mg (14.94%), Copper: 0.29mg (14.33%), Iron: 2.44mg (13.55%), Vitamin E: 2.03mg (13.51%), Vitamin B3: 2.47mg (12.33%), Vitamin B2: 0.15mg (8.9%), Vitamin B5: 0.82mg (8.16%), Zinc: 1.15mg (7.69%), Calcium: 62.85mg (6.28%), Selenium: 1.97µg (2.81%)