



Clementine & honey couscous

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



649 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 100 g pistachios
- ☐ 300 g couscous
- ☐ 0.3 tsp ground cinnamon plus more to serve
- ☐ 8 3 large clementines seedless (are best)
- ☐ 1 tsp butter
- ☐ 2 tbsp runny honey plus more to serve
- ☐ 1 tsp orange-flower water
- ☐ 300 g raspberries fresh

☐ 500 g greek yogurt greek-style reduced-fat

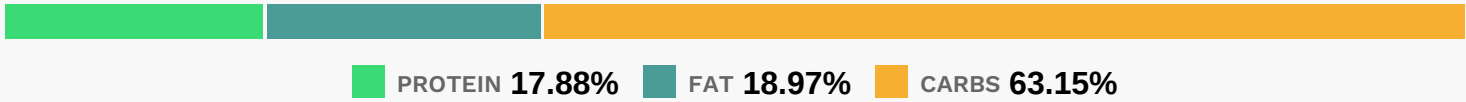
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ serrated knife

Directions

- ☐ Heat the oven to 200C/180C fan/gas
- ☐ Spread the nuts over a baking sheet and toast for 5–8 mins until pale golden. Meanwhile, put the couscous and cinnamon into a large bowl. Finely grate the zest from 2 clementines, then squeeze their juice into a pan with the zest.
- ☐ Add the butter, honey and 200ml water and bring to the boil.
- ☐ Pour this over the couscous, cover with cling film, then leave to absorb for 10 mins.
- ☐ Using a serrated knife, peel, then thinly slice the remaining clementines.
- ☐ Sprinkle with the orange flower water, if using. Roughly chop the nuts.
- ☐ Fluff up the couscous with a fork, then mix in most of the nuts.
- ☐ Serve the couscous in bowls, topped with the clementines and raspberries. Eat with a spoonful of yogurt, an extra sprinkle of cinnamon and squeeze of honey.

Nutrition Facts



Properties

Glycemic Index:71.57, Glycemic Load:52.34, Inflammation Score:-7, Nutrition Score:27.843478399774%

Flavonoids

Cyanidin: 36.16mg, Cyanidin: 36.16mg, Cyanidin: 36.16mg, Cyanidin: 36.16mg Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg, Petunidin: 0.23mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin:

0.99mg Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg, Malvidin: 0.1mg Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg, Pelargonidin: 0.74mg Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg, Peonidin: 0.09mg Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg, Catechin: 1.88mg Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg, Epigallocatechin: 0.86mg Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg, Epicatechin: 2.85mg Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg, Epigallocatechin 3–gallate: 0.5mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 648.59kcal (32.43%), Fat: 14.02g (21.56%), Saturated Fat: 2.27g (14.18%), Carbohydrates: 105g (35%), Net Carbohydrates: 91.18g (33.15%), Sugar: 31.53g (35.03%), Cholesterol: 8.94mg (2.98%), Sodium: 63.45mg (2.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 29.72g (59.44%), Vitamin C: 93.33mg (113.13%), Manganese: 1.47mg (73.48%), Fiber: 13.82g (55.29%), Phosphorus: 473.65mg (47.37%), Vitamin B6: 0.74mg (37.13%), Vitamin B1: 0.52mg (34.58%), Copper: 0.67mg (33.35%), Vitamin B2: 0.53mg (31.01%), Magnesium: 108.63mg (27.16%), Potassium: 938.67mg (26.82%), Calcium: 248.71mg (24.87%), Vitamin B3: 4.61mg (23.06%), Folate: 88.03µg (22.01%), Selenium: 14.52µg (20.75%), Vitamin B5: 1.96mg (19.55%), Zinc: 2.27mg (15.11%), Iron: 2.66mg (14.78%), Vitamin B12: 0.88µg (14.62%), Vitamin E: 1.57mg (10.46%), Vitamin K: 5.99µg (5.7%), Vitamin A: 165.22IU (3.3%)