

Coconut Israeli Couscous Studded With Pomegranate

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



216 kcal

SIDE DISH

Ingredients

- 1 cup milk
- 1 cup coconut milk unsweetened canned
- 8 cardamom pods green
- 0.3 teaspoon ground cinnamon
- 1 tablespoon sugar
- 0.5 cup pomegranate seeds

Equipment

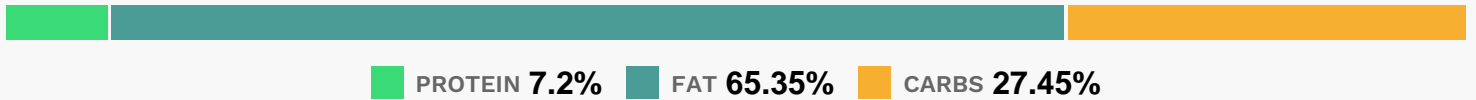
sauce pan

knife

Directions

- Smash the cardamom pods open with the flat side of your knife (thats right, like a garlic clove).
- Combine the milk, coconut milk, and cardamom in a saucepan and place over low heat. Bring to just below a boil, stirring every once in awhile. It will be a little foamy.
- Strain the cardamom pods out since the shells are not so good to eat.
- Add the couscous and simmer on low for 10-12 minutes, until all the liquid absorbs. The couscous should be tender but still with some chew to it.
- Stir in the cinnamon, sugar, and pomegranate seeds. I used the seeds from half a pomegranate. If you dont have pomegranate seeds, or dont like them, try substituting raisins or dried cranberries.

Nutrition Facts



Properties

Glycemic Index:46.27, Glycemic Load:5.28, Inflammation Score:-3, Nutrition Score:9.8195652173913%

Flavonoids

Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Taste

Sweetness: 100%, Saltiness: 18.02%, Sourness: 31.34%, Bitterness: 6.11%, Savoriness: 24.27%, Fattiness: 41.17%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 215.91kcal (10.8%), Fat: 16.75g (25.77%), Saturated Fat: 13.85g (86.54%), Carbohydrates: 15.83g (5.28%), Net Carbohydrates: 12.51g (4.55%), Sugar: 10.74g (11.94%), Cholesterol: 7.32mg (2.44%), Sodium: 33.56mg (1.46%), Protein: 4.15g (8.31%), Manganese: 1.72mg (85.92%), Phosphorus: 136.19mg (13.62%), Fiber: 3.33g (13.31%), Copper:

0.21mg (10.43%), Calcium: 103.28mg (10.33%), Magnesium: 41.22mg (10.3%), Potassium: 343.04mg (9.8%), Iron: 1.62mg (8.98%), Selenium: 5µg (7.15%), Zinc: 1.03mg (6.83%), Vitamin B2: 0.1mg (6.06%), Vitamin C: 4.62mg (5.59%), Vitamin B12: 0.33µg (5.49%), Vitamin B1: 0.07mg (4.76%), Vitamin D: 0.67µg (4.47%), Folate: 17.4µg (4.35%), Vitamin B5: 0.42mg (4.15%), Vitamin B6: 0.08mg (4.09%), Vitamin K: 3.64µg (3.47%), Vitamin B3: 0.63mg (3.13%), Vitamin A: 99.19IU (1.98%), Vitamin E: 0.25mg (1.64%)