



Confetti Couscous



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



229 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 cups fat-skimmed beef broth fat-free
- ☐ 0.5 cup basil fresh chopped
- ☐ 4 garlic clove minced
- ☐ 1 bell pepper diced green
- ☐ 2 teaspoons olive oil
- ☐ 5.8 ounce olive oil
- ☐ 1 onion chopped

- ☐ 2 tablespoons pinenuts toasted
- ☐ 1 bell pepper diced red
- ☐ 1 to 3 sized squashes diced yellow

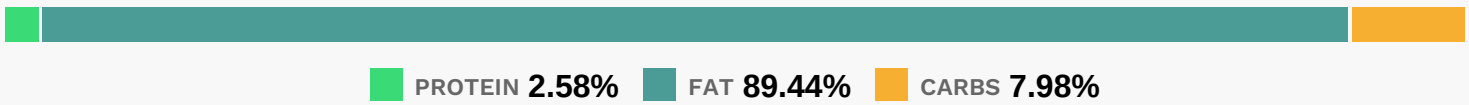
Equipment

- ☐ frying pan

Directions

- ☐ Heat oil in a large nonstick skillet over medium-high heat; add onion and garlic. Cook 4 minutes, stirring occasionally, until golden.
- ☐ Add peppers and squash; cook 5 minutes, stirring occasionally, until vegetables are tender.
- ☐ Cook couscous according to package directions, using chicken broth instead of water and omitting salt and fat. Stir in vegetable mixture, pine nuts, basil, and black pepper.

Nutrition Facts



Properties

Glycemic Index:29.13, Glycemic Load:0.86, Inflammation Score:-6, Nutrition Score:8.1265216806661%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg, Luteolin: 0.82mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg, Quercetin: 3.18mg

Nutrients (% of daily need)

Calories: 228.78kcal (11.44%), Fat: 23.51g (36.17%), Saturated Fat: 3.13g (19.59%), Carbohydrates: 4.72g (1.57%), Net Carbohydrates: 3.47g (1.26%), Sugar: 2.3g (2.55%), Cholesterol: 0mg (0%), Sodium: 235.01mg (10.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.53g (3.05%), Vitamin C: 36.94mg (44.78%), Vitamin E: 3.67mg (24.49%), Vitamin K: 23.4µg (22.28%), Manganese: 0.38mg (19%), Vitamin A: 650.72IU (13.01%), Vitamin B6: 0.18mg (8.9%), Potassium: 185.95mg (5.31%), Folate: 20.55µg (5.14%), Fiber: 1.25g (4.99%), Vitamin B2: 0.08mg (4.47%), Phosphorus: 44.09mg (4.41%), Copper: 0.09mg (4.3%), Magnesium: 17.2mg (4.3%), Vitamin B3: 0.8mg (4.02%), Iron: 0.65mg (3.63%), Vitamin B1: 0.05mg (3.42%), Zinc: 0.35mg (2.36%), Selenium: 1.62µg (2.32%), Vitamin B5:

0.21mg (2.07%), Vitamin B12: 0.11µg (1.89%), Calcium: 18.18mg (1.82%)