



Cool Couscous with Fruit and Nuts



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



158 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon canola oil
- ☐ 1 cup couscous uncooked
- ☐ 0.5 cup fruit mixed dried
- ☐ 0.8 teaspoon kosher salt
- ☐ 0.3 cup orange juice
- ☐ 2 tablespoons roasted cashews chopped
- ☐ 1.5 cups water boiling

Equipment

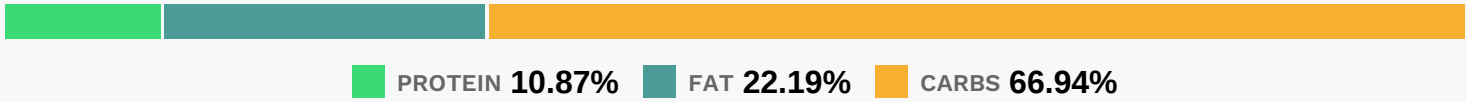
☐

bowl

Directions

- ☐ Combine couscous and salt in a medium bowl; add 1 1/2 cups boiling water. Cover and let stand 8 minutes or until liquid is absorbed.
- ☐ Combine juice and oil; stir into couscous. Cover and chill 30 minutes. Stir in fruit and cashews.

Nutrition Facts



Properties

Glycemic Index:24.67, Glycemic Load:14.68, Inflammation Score:-2, Nutrition Score:3.7804347859777%

Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 158.44kcal (7.92%), Fat: 3.9g (6%), Saturated Fat: 0.48g (2.97%), Carbohydrates: 26.47g (8.82%), Net Carbohydrates: 24.59g (8.94%), Sugar: 2.61g (2.9%), Cholesterol: 0mg (0%), Sodium: 297.42mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.3g (8.6%), Manganese: 0.27mg (13.39%), Copper: 0.16mg (7.93%), Fiber: 1.88g (7.5%), Phosphorus: 67.05mg (6.71%), Vitamin C: 5.21mg (6.31%), Magnesium: 24.14mg (6.04%), Vitamin B3: 1.11mg (5.54%), Vitamin B1: 0.06mg (4.32%), Vitamin B5: 0.43mg (4.27%), Iron: 0.57mg (3.19%), Potassium: 107.45mg (3.07%), Vitamin K: 3.19µg (3.04%), Vitamin E: 0.45mg (3.01%), Zinc: 0.43mg (2.89%), Folate: 11.14µg (2.79%), Vitamin B6: 0.05mg (2.34%), Vitamin B2: 0.03mg (2%), Calcium: 16.7mg (1.67%)