



## Couscous-and-Spinach Stuffing

 Dairy Free

READY IN



59 min.

SERVINGS



10

CALORIES



229 kcal

SIDE DISH

### Ingredients

- 4 slices bacon
- 0.3 teaspoon pepper black
- 3.5 cups less-sodium chicken broth fat-free
- 1 tablespoon garlic minced
- 12.6 ounce israeli couscous
- 1 tablespoon juice of lemon fresh
- 2 tablespoons olive oil divided
- 1 medium onion chopped

- 1 medium bell pepper red chopped
- 0.5 teaspoon salt
- 10 ounce pkt spinach fresh
- 0.5 cup sun-dried tomatoes packed thinly sliced

## Equipment

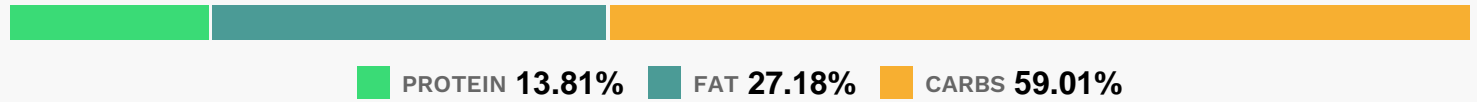
- frying pan
- paper towels
- oven
- baking pan
- aluminum foil
- dutch oven

## Directions

- Preheat oven to 35
- Heat 1 tablespoon oil in a large Dutch oven over medium-high heat.
- Add onion and bell pepper; cook 6 minutes.
- Add couscous, and cook 5 more minutes.
- Add broth, tomato, salt, and pepper. Bring to a boil; reduce heat, and cook, covered, over medium-low heat 12-15 minutes or until liquid is absorbed.
- Remove from heat.
- Cook the bacon in a nonstick skillet over medium heat until crisp.
- Transfer to paper towels to drain. Crumble and reserve. Wipe skillet.
- Heat remaining oil in skillet.
- Add garlic; cook 30 seconds.
- Add spinach; cook 1 minute.
- Add spinach, bacon, and lemon juice to couscous mixture; toss to combine.
- Transfer stuffing to 11- x 7-inch baking dish lightly coated with cooking spray, and cover with foil.

Bake 15 minutes or until heated through.

## Nutrition Facts



### Properties

Glycemic Index:24.8, Glycemic Load:18.12, Inflammation Score:-9, Nutrition Score:17.524347698559%

### Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg, Kaempferol: 1.88mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg, Quercetin: 3.41mg

### Nutrients (% of daily need)

Calories: 228.79kcal (11.44%), Fat: 6.99g (10.75%), Saturated Fat: 1.65g (10.33%), Carbohydrates: 34.13g (11.38%), Net Carbohydrates: 30.57g (11.12%), Sugar: 3.32g (3.69%), Cholesterol: 5.81mg (1.94%), Sodium: 532.47mg (23.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.98g (15.97%), Vitamin K: 141.7µg (134.95%), Vitamin A: 3082.91IU (61.66%), Manganese: 0.69mg (34.6%), Vitamin C: 27mg (32.73%), Folate: 74.57µg (18.64%), Vitamin B3: 2.88mg (14.42%), Fiber: 3.56g (14.23%), Potassium: 494.03mg (14.12%), Magnesium: 53.54mg (13.39%), Phosphorus: 123.31mg (12.33%), Copper: 0.23mg (11.58%), Iron: 1.91mg (10.62%), Vitamin B6: 0.21mg (10.3%), Vitamin B1: 0.15mg (10.18%), Vitamin B2: 0.15mg (8.61%), Vitamin E: 1.21mg (8.07%), Vitamin B5: 0.78mg (7.8%), Selenium: 4.29µg (6.12%), Calcium: 51.53mg (5.15%), Zinc: 0.74mg (4.9%), Vitamin B12: 0.2µg (3.38%)