



Couscous and Summer Vegetable Sauté

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



129 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black
- 0.8 cup couscous uncooked
- 1.5 cups corn kernels fresh
- 1.5 teaspoons olive oil
- 0.3 cup onion chopped
- 0.5 teaspoon salt
- 1.5 cups zucchini shredded (1 medium)

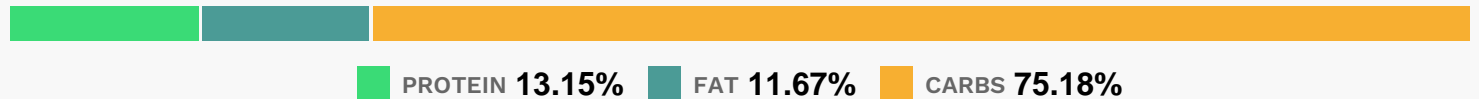
Equipment

frying pan

Directions

- Cook couscous according to package directions, omitting salt and fat. Keep couscous warm.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add zucchini and onion; saut 3 minutes or until tender. Stir in couscous and corn; cook 1 minute or until thoroughly heated. Stir in salt and black pepper.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:10.42, Inflammation Score:-3, Nutrition Score:4.8926086969998%

Flavonoids

Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg, Quercetin: 1.56mg

Nutrients (% of daily need)

Calories: 129.37kcal (6.47%), Fat: 1.74g (2.67%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 25.14g (8.38%), Net Carbohydrates: 22.9g (8.33%), Sugar: 3.33g (3.7%), Cholesterol: 0mg (0%), Sodium: 204.16mg (8.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.4g (8.79%), Manganese: 0.3mg (14.85%), Vitamin C: 8.51mg (10.31%), Fiber: 2.24g (8.96%), Phosphorus: 82.8mg (8.28%), Vitamin B3: 1.54mg (7.72%), Magnesium: 29.25mg (7.31%), Vitamin B1: 0.11mg (7.23%), Folate: 28.26µg (7.07%), Potassium: 225.02mg (6.43%), Vitamin B5: 0.6mg (6.01%), Vitamin B6: 0.12mg (5.81%), Copper: 0.09mg (4.64%), Vitamin B2: 0.07mg (3.99%), Iron: 0.56mg (3.12%), Zinc: 0.46mg (3.05%), Vitamin A: 130.15IU (2.6%), Vitamin K: 2.14µg (2.04%), Vitamin E: 0.21mg (1.39%), Calcium: 12.72mg (1.27%)