



## Couscous, Corn and Lima Bean Sauté

 Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



403 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 tablespoon butter
- 1 cup onion chopped
- 1 clove garlic finely chopped
- 11 oz couscous whole wheat
- 10 oz corn whole frozen thawed
- 18 oz baby lima beans frozen thawed
- 2 cups water
- 1 tablespoon thyme leaves dried fresh chopped

- 1 teaspoon salt
- 0.3 cup slivered almonds toasted

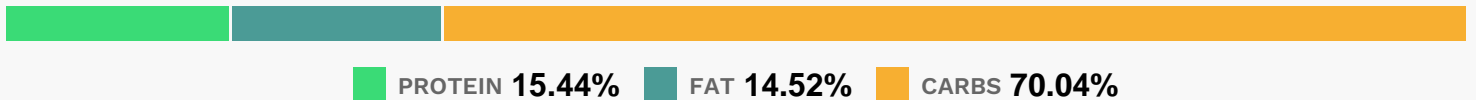
## Equipment

- frying pan

## Directions

- In 12-inch skillet, melt butter over medium-high heat.
- Add onion and garlic; cook about 2 minutes, stirring occasionally, until onion is crisp-tender.
- Stir in remaining ingredients except almonds.
- Heat to boiling over high heat.
- Remove from heat; let stand 5 minutes. Fluff before serving.
- Sprinkle with almonds.

## Nutrition Facts



## Properties

Glycemic Index:18.67, Glycemic Load:0.71, Inflammation Score:-9, Nutrition Score:11.455217523095%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg, Isorhamnetin: 1.49mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg, Quercetin: 5.44mg

## Nutrients (% of daily need)

Calories: 402.82kcal (20.14%), Fat: 6.88g (10.59%), Saturated Fat: 0.82g (5.16%), Carbohydrates: 74.64g (24.88%), Net Carbohydrates: 63.61g (23.13%), Sugar: 2.31g (2.56%), Cholesterol: 0mg (0%), Sodium: 536.08mg (23.31%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 16.46g (32.92%), Fiber: 11.04g (44.15%), Manganese: 0.82mg (41.22%), Iron: 4.12mg (22.89%), Magnesium: 69.45mg (17.36%), Potassium: 532.31mg (15.21%), Phosphorus: 146.95mg (14.7%), Vitamin C: 11.86mg (14.38%), Folate: 45.79µg (11.45%), Copper: 0.22mg (10.83%), Vitamin E: 1.61mg (10.76%), Vitamin B6: 0.19mg (9.34%), Vitamin B2: 0.15mg (9.02%), Vitamin B1: 0.13mg (8.69%), Calcium: 80.11mg (8.01%), Vitamin B3: 1.51mg (7.56%), Zinc: 0.94mg (6.24%), Vitamin A: 300.27IU (6.01%), Selenium: 2.24µg (3.2%), Vitamin B5: 0.23mg (2.3%)