



Couscous Patties with Citrus Sauce

 Dairy Free

READY IN



100 min.

SERVINGS



4

CALORIES



423 kcal

SIDE DISH

Ingredients

- ☐ 1 cup water
- ☐ 0.7 cup couscous uncooked
- ☐ 0.5 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 1 teaspoon butter
- ☐ 0.5 cup celery finely chopped
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup carrots shredded

- ☐ 2 cloves garlic finely chopped
- ☐ 1 cup breadcrumbs soft fine ()
- ☐ 0.3 cup almonds toasted sliced
- ☐ 1 tablespoon chives fresh chopped
- ☐ 1 eggs
- ☐ 1 egg yolk
- ☐ 2 tablespoons vegetable oil
- ☐ 2 teaspoons cornstarch
- ☐ 1 teaspoon sugar
- ☐ 0.1 teaspoon salt
- ☐ 0.8 cup orange juice
- ☐ 1 tablespoon juice of lemon
- ☐ 1 teaspoon orange zest grated
- ☐ 2 tablespoons currants
- ☐ 1.5 teaspoons chives fresh chopped

Equipment

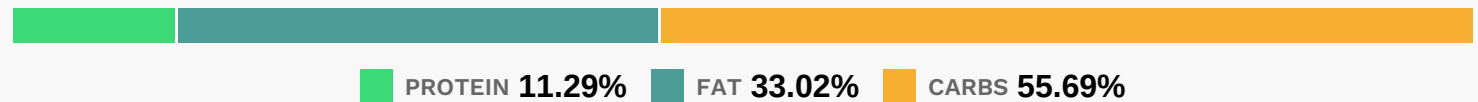
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ Grease cookie sheet.
- ☐ Heat water to boiling in 1-quart saucepan. Stir in couscous, salt and pepper; remove from heat. Cover and let stand 5 minutes.
- ☐ Melt margarine in 8-inch skillet over medium heat. Cook celery, onion, carrot and garlic in margarine, stirring occasionally, until vegetables are tender.
- ☐ Mix couscous, vegetables, bread crumbs, almonds, chives, egg and egg yolk. Shape mixture into 8 patties, about 1/2 inch thick.

- ☐ Place on cookie sheet. Cover and refrigerate at least 1 hour but no longer than 24 hours.
- ☐ Prepare Citrus Sauce.
- ☐ Heat oil in 10-inch skillet over medium heat. Cook patties in oil about 8 minutes, turning once, until golden brown.
- ☐ Serve with sauce.

Nutrition Facts



Properties

Glycemic Index:119.98, Glycemic Load:18.93, Inflammation Score:-9, Nutrition Score:17.673478053964%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg, Eriodictyol: 0.28mg Hesperetin: 6.1mg, Hesperetin: 6.1mg, Hesperetin: 6.1mg, Hesperetin: 6.1mg Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg, Naringenin: 1.08mg Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg, Quercetin: 2.34mg

Nutrients (% of daily need)

Calories: 423.44kcal (21.17%), Fat: 15.69g (24.13%), Saturated Fat: 2.71g (16.92%), Carbohydrates: 59.53g (19.84%), Net Carbohydrates: 54.65g (19.87%), Sugar: 12.88g (14.31%), Cholesterol: 89.52mg (29.84%), Sodium: 618.5mg (26.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.07g (24.14%), Vitamin A: 2158.53IU (43.17%), Manganese: 0.78mg (39.19%), Vitamin C: 28.62mg (34.69%), Vitamin B1: 0.41mg (27.33%), Vitamin K: 22.42µg (21.35%), Vitamin B2: 0.34mg (19.9%), Phosphorus: 198.73mg (19.87%), Vitamin E: 2.96mg (19.71%), Fiber: 4.87g (19.49%), Selenium: 13.5µg (19.28%), Folate: 75.1µg (18.78%), Vitamin B3: 3.58mg (17.88%), Copper: 0.31mg (15.28%), Magnesium: 60.09mg (15.02%), Iron: 2.6mg (14.44%), Potassium: 426.48mg (12.19%), Calcium: 119.24mg (11.92%), Vitamin B6: 0.21mg (10.47%), Vitamin B5: 1.03mg (10.34%), Zinc: 1.26mg (8.41%), Vitamin B12: 0.28µg (4.69%), Vitamin D: 0.46µg (3.09%)