



Couscous Pilaf



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup couscous uncooked
- ☐ 1 cup less-sodium chicken broth fat-free
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion chopped
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.3 teaspoon salt

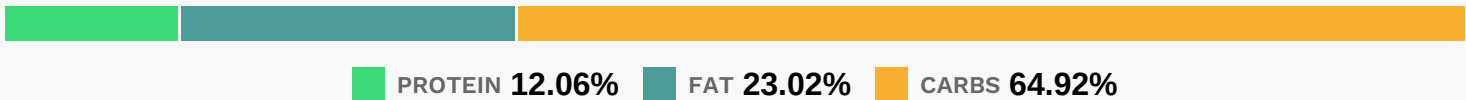
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a nonstick skillet over medium-high heat.
- ☐ Add onion and bell pepper; saut 7 minutes.
- ☐ While vegetables cook, bring broth to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Stir in onion mixture, salt, and black pepper.
- ☐ Sprinkle with nuts.

Nutrition Facts



Properties

Glycemic Index:39, Glycemic Load:21.02, Inflammation Score:-6, Nutrition Score:8.8813043521798%

Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

Nutrients (% of daily need)

Calories: 229.22kcal (11.46%), Fat: 5.87g (9.03%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 37.25g (12.42%), Net Carbohydrates: 34.16g (12.42%), Sugar: 1.9g (2.11%), Cholesterol: 0mg (0%), Sodium: 383.47mg (16.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.92g (13.84%), Manganese: 0.84mg (41.93%), Vitamin C: 25.36mg (30.74%), Fiber: 3.09g (12.38%), Phosphorus: 119.26mg (11.93%), Vitamin A: 585.34IU (11.71%), Vitamin B3: 2.25mg (11.26%), Copper: 0.2mg (9.78%), Magnesium: 36.49mg (9.12%), Vitamin B1: 0.11mg (7.47%), Vitamin B5: 0.71mg (7.06%), Vitamin E: 1.05mg (7.02%), Vitamin B6: 0.14mg (6.93%), Folate: 23.3µg (5.82%), Potassium: 188.05mg (5.37%), Iron: 0.96mg (5.35%), Zinc: 0.77mg (5.16%), Vitamin K: 4.99µg (4.76%), Vitamin B2: 0.08mg (4.61%), Selenium: 1.41µg (2.01%), Calcium: 19.74mg (1.97%), Vitamin B12: 0.11µg (1.89%)