



Couscous Pilaf

 Dairy Free

READY IN



40 min.

SERVINGS



2

CALORIES



418 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup couscous uncooked
- ☐ 1 cup chicken broth
- ☐ 1 tablespoon butter
- ☐ 0.5 cup mushrooms fresh chopped
- ☐ 0.3 cup cashew pieces chopped
- ☐ 0.3 cup bell pepper green chopped
- ☐ 0.7 cup tomatoes chopped
- ☐ 0.5 teaspoon nutmeg

- ☐ 0.5 teaspoon ground coriander
- ☐ 0.5 teaspoon garlic salt
- ☐ 2 spring onion chopped

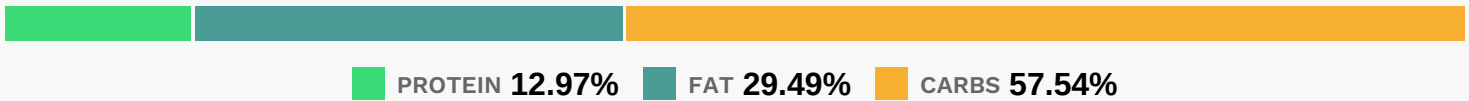
Equipment

- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Heat oven to 375°. Spray round nonstick baking pan, 9 x 1 1/2 inches, or square baking dish, 8 x 8 x 2 inches, with cooking spray.
- ☐ Mix couscous and broth in pan; cover with aluminum foil.
- ☐ Bake 10 minutes; fluff with fork.
- ☐ Meanwhile, heat butter in 10- inch nonstick skillet over medium-high heat. Sauté mushrooms, cashews and bell pepper until bell pepper is crisp-tender; remove from heat. Stir in remaining ingredients. Stir vegetable mixture into couscous in pan.
- ☐ Bake pilaf, uncovered, 10 minutes longer or until couscous is slightly brown.

Nutrition Facts



Properties

Glycemic Index:136.1, Glycemic Load:32.67, Inflammation Score:-8, Nutrition Score:17.080869643585%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg, Luteolin: 1.17mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg, Quercetin: 2.12mg

Nutrients (% of daily need)

Calories: 417.62kcal (20.88%), Fat: 13.88g (21.36%), Saturated Fat: 2.69g (16.84%), Carbohydrates: 60.95g (20.32%), Net Carbohydrates: 55.29g (20.11%), Sugar: 4.26g (4.73%), Cholesterol: 2.35mg (0.78%), Sodium: 1098.33mg (47.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.73g (27.47%), Manganese: 0.97mg (48.49%), Vitamin C: 29.75mg (36.05%), Vitamin K: 36.1µg (34.38%), Copper: 0.67mg (33.71%), Phosphorus: 257.3mg (25.73%), Magnesium: 92.1mg (23.03%), Fiber: 5.66g (22.64%), Vitamin B3: 4.06mg (20.28%), Vitamin A: 878.5IU (17.57%), Vitamin B1: 0.26mg (17.39%), Vitamin B2: 0.26mg (15.06%), Potassium: 517.02mg (14.77%), Vitamin B5: 1.4mg (13.99%), Iron: 2.48mg (13.77%), Vitamin B6: 0.27mg (13.38%), Zinc: 1.88mg (12.51%), Folate: 39.15µg (9.79%), Selenium: 6.12µg (8.75%), Vitamin E: 0.84mg (5.58%), Calcium: 49.97mg (5%)