



Couscous with Apple-Ginger Topping and Orange Sauce

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



240 kcal

SIDE DISH

Ingredients

- ☐ 1.3 cups apple juice
- ☐ 2 tablespoons butter
- ☐ 3 tablespoons butter
- ☐ 1 cup couscous uncooked
- ☐ 2 tablespoons crystallized ginger finely chopped
- ☐ 2 tablespoons brown sugar dark
- ☐ 2 cups apples i use 2 granny smith apples diced peeled

- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.3 cup cup heavy whipping cream sour reduced-fat
- ☐ 0.8 cup orange juice fresh
- ☐ 2 teaspoons orange rind grated
- ☐ 2 tablespoons raisins
- ☐ 0.3 teaspoon salt
- ☐ 1.5 tablespoons triple sec orange-flavored (liqueur)

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ To prepare sauce, bring orange juice to a boil in a large saucepan; cook until reduced to 1/3 cup (about 6 minutes). Stir in 1 1/2 tablespoons liqueur.
- ☐ Pour into a small bowl, and set aside.
- ☐ To prepare couscous, bring apple juice, 3 tablespoons butter, and salt to a boil in a saucepan, and gradually stir in couscous and rind.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ To prepare topping, melt 2 tablespoons butter in a medium nonstick skillet over medium-high heat.
- ☐ Add sugar, and cook 1 minute, stirring constantly. Stir in apple and raisins; cook 5 minutes or until apple is tender, stirring frequently.
- ☐ Remove from heat. Stir in ginger, 1 1/2 tablespoons liqueur, and cinnamon.
- ☐ Spoon about 1/3 cup couscous into each of 8 dessert glasses or bowls. Top each serving with about 2 tablespoons topping, 1 1/2 teaspoons sour cream, and about 1 tablespoon sauce.
- ☐ Garnish with mint sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:44.19, Glycemic Load:16.01, Inflammation Score:-3, Nutrition Score:4.466087024173%

Flavonoids

Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg, Cyanidin: 0.5mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg, Catechin: 0.92mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg, Epicatechin: 4.3mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg, Hesperetin: 2.78mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 239.53kcal (11.98%), Fat: 8.18g (12.59%), Saturated Fat: 5.03g (31.44%), Carbohydrates: 37.65g (12.55%), Net Carbohydrates: 35.31g (12.84%), Sugar: 14.91g (16.57%), Cholesterol: 21.33mg (7.11%), Sodium: 141.78mg (6.16%), Alcohol: 0.73g (100%), Alcohol %: 0.63% (100%), Protein: 3.48g (6.97%), Vitamin C: 14.39mg (17.44%), Manganese: 0.25mg (12.39%), Fiber: 2.33g (9.34%), Vitamin A: 308.49IU (6.17%), Potassium: 212.3mg (6.07%), Phosphorus: 57.54mg (5.75%), Vitamin B1: 0.08mg (5.23%), Vitamin B3: 0.97mg (4.85%), Copper: 0.09mg (4.65%), Magnesium: 18.26mg (4.57%), Vitamin B5: 0.37mg (3.7%), Vitamin B2: 0.06mg (3.43%), Folate: 13.59µg (3.4%), Vitamin B6: 0.06mg (3.22%), Calcium: 30.83mg (3.08%), Iron: 0.51mg (2.83%), Vitamin E: 0.3mg (1.99%), Zinc: 0.27mg (1.79%), Vitamin K: 1.4µg (1.33%)