



## Couscous with Apricots

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



6

CALORIES



271 kcal

SIDE DISH

### Ingredients

- 2 cups chicken stock see hot
- 1.5 cups couscous
- 10 apricots dried chopped
- 2 tablespoons parsley leaves fresh chopped for garnish
- 1 juice of orange juiced
- 6 servings kosher salt and pepper black freshly ground
- 2 tablespoons olive oil extra-virgin
- 2 scallions green sliced thin

# Equipment

bowl

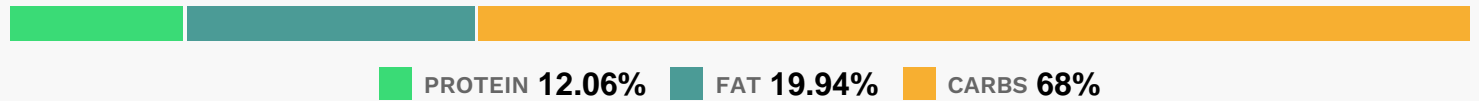
# Directions

Put the couscous in a medium bowl; pour the hot stock over it and stir to combine. Cover and let sit for 10 to 15 minutes. Uncover and fluff with a fork.

Add the apricots, scallions, and orange juice; drizzle with olive oil and season with salt and pepper. Toss gently to combine.

Garnish with chopped parsley.

# Nutrition Facts



# Properties

Glycemic Index:41.07, Glycemic Load:23.44, Inflammation Score:-5, Nutrition Score:8.6639129182567%

# Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

# Nutrients (% of daily need)

Calories: 271.32kcal (13.57%), Fat: 6.01g (9.25%), Saturated Fat: 0.96g (6%), Carbohydrates: 46.14g (15.38%), Net Carbohydrates: 42.81g (15.57%), Sugar: 9.33g (10.37%), Cholesterol: 2.4mg (0.8%), Sodium: 121.66mg (5.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.18g (16.36%), Vitamin K: 33.7µg (32.1%), Manganese: 0.39mg (19.57%), Vitamin B3: 3.2mg (15.99%), Fiber: 3.33g (13.32%), Vitamin A: 655.68IU (13.11%), Phosphorus: 108.7mg (10.87%), Copper: 0.21mg (10.34%), Potassium: 350.26mg (10.01%), Vitamin C: 7.82mg (9.48%), Vitamin E: 1.31mg (8.74%), Vitamin B1: 0.11mg (7.53%), Magnesium: 29.23mg (7.31%), Vitamin B2: 0.12mg (7.02%), Iron: 1.19mg (6.6%), Vitamin B5: 0.64mg (6.35%), Vitamin B6: 0.12mg (6.17%), Folate: 21.59µg (5.4%), Zinc: 0.56mg (3.73%), Selenium: 2.09µg (2.99%), Calcium: 26.42mg (2.64%)