



Couscous with Apricots



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup california apricots dried finely chopped
- ☐ 1 tablespoon coriander seeds cooled toasted
- ☐ 6 ounces couscous
- ☐ 2 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.8 teaspoon salt
- ☐ 1.3 cups water

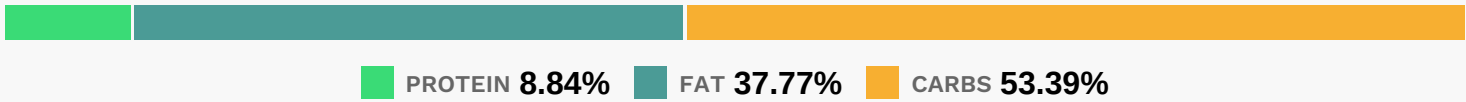
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mortar and pestle

Directions

- ☐ Finely grind coriander seeds in an electric coffee/spice grinder or with a mortar and pestle.
- ☐ Bring water, 2 tablespoons oil, and salt to a boil in a 1 1/2 to 2-quart heavy saucepan. Stir in couscous and coriander seeds, then cover pan and remove from heat.
- ☐ Let stand 5 minutes.
- ☐ Fluff couscous with a fork and stir in remaining tablespoon oil, apricots, parsley, and salt and pepper, to taste.

Nutrition Facts



Properties

Glycemic Index:23.11, Glycemic Load:13.69, Inflammation Score:-3, Nutrition Score:4.5417391515296%

Flavonoids

Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg, Catechin: 0.32mg Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg, Epicatechin: 0.41mg 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: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg, Quercetin: 0.14mg

Nutrients (% of daily need)

Calories: 175.57kcal (8.78%), Fat: 7.37g (11.34%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 23.45g (7.82%), Net Carbohydrates: 21.47g (7.81%), Sugar: 0.81g (0.9%), Cholesterol: 0mg (0%), Sodium: 297.41mg (12.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.88g (7.76%), Vitamin K: 26.36µg (25.11%), Manganese: 0.25mg (12.32%), Fiber: 1.98g (7.93%), Vitamin E: 1.09mg (7.3%), Vitamin A: 278.17IU (5.56%), Phosphorus: 54.36mg (5.44%), Vitamin B3: 1.08mg (5.38%), Copper: 0.1mg (4.77%), Magnesium: 17.28mg (4.32%), Vitamin B5: 0.38mg (3.78%), Vitamin B1: 0.05mg (3.46%), Vitamin C: 2.81mg (3.41%), Iron: 0.6mg (3.33%), Potassium: 87.44mg (2.5%), Folate: 8.47µg (2.12%), Zinc: 0.31mg (2.08%), Vitamin B6: 0.04mg (1.85%), Calcium: 17.5mg (1.75%), Vitamin B2: 0.03mg (1.72%)