



Couscous with Apricots



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



189 kcal

SIDE DISH

Ingredients

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

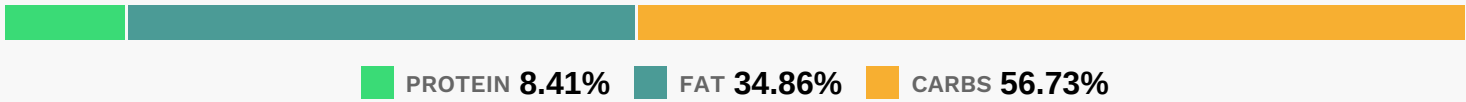
Equipment

- ☐ 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:21.73, Glycemic Load:14.69, Inflammation Score:-4, Nutrition Score:4.989130401093%

Flavonoids

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: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg

Nutrients (% of daily need)

Calories: 188.84kcal (9.44%), Fat: 7.38g (11.35%), Saturated Fat: 1.01g (6.32%), Carbohydrates: 27.01g (9%), Net Carbohydrates: 24.68g (8.97%), Sugar: 3.87g (4.3%), Cholesterol: 0mg (0%), Sodium: 298.05mg (12.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Vitamin K: 26.3µg (25.05%), Manganese: 0.26mg (12.84%), Fiber: 2.34g (9.35%), Vitamin E: 1.33mg (8.87%), Vitamin A: 372.61IU (7.45%), Vitamin B3: 1.21mg (6.06%), Phosphorus: 57.5mg (5.75%), Copper: 0.11mg (5.68%), Magnesium: 18.73mg (4.68%), Potassium: 148.91mg (4.25%), Iron: 0.76mg (4.21%), Vitamin B5: 0.4mg (3.95%), Vitamin B1: 0.05mg (3.36%), Vitamin C: 2.02mg (2.45%), Zinc: 0.32mg (2.15%), Vitamin B6: 0.04mg (2.14%), Folate: 8.42µg (2.1%), Calcium: 20.35mg (2.04%), Vitamin B2: 0.03mg (1.83%)