



Couscous with Caramelized Onion and Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



198 kcal

SIDE DISH

Ingredients

- 1 cup couscous uncooked
- 1 cup less-sodium chicken broth fat-free
- 1 ounce goat cheese crumbled
- 1 tablespoon olive oil
- 2 cups thinly onion red vertically sliced
- 1 teaspoon garlic pepper (such as Lawry's)

Equipment

- bowl
- frying pan
- microwave
- measuring cup

Directions

- Heat olive oil in a medium nonstick skillet over medium-high heat.
- Add sliced onion, and saut 7 minutes or until browned.
- Combine couscous and garlic pepper in a medium bowl; top with onions and cheese.
- Place broth in a microwave-safe measuring cup; microwave at high 2 1/2 minutes or until hot. Slowly pour over couscous mixture. Cover; let stand 5 minutes. Fluff with a fork, tossing until well combined.

Nutrition Facts

■ PROTEIN **13.09%** ■ FAT **19.9%** ■ CARBS **67.01%**

Properties

Glycemic Index:24.4, Glycemic Load:17.67, Inflammation Score:-4, Nutrition Score:5.2926086718621%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg, Isorhamnetin: 3.21mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg, Quercetin: 13mg

Nutrients (% of daily need)

Calories: 198.13kcal (9.91%), Fat: 4.36g (6.71%), Saturated Fat: 1.28g (8%), Carbohydrates: 33.03g (11.01%), Net Carbohydrates: 30.2g (10.98%), Sugar: 2.84g (3.15%), Cholesterol: 2.61mg (0.87%), Sodium: 212.73mg (9.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.45g (12.9%), Manganese: 0.37mg (18.66%), Fiber: 2.83g (11.32%), Phosphorus: 97.81mg (9.78%), Copper: 0.16mg (8.12%), Vitamin B3: 1.56mg (7.82%), Vitamin B6: 0.14mg (7.14%), Vitamin B1: 0.09mg (6.28%), Vitamin B5: 0.61mg (6.05%), Vitamin C: 4.92mg (5.97%), Magnesium: 23.14mg (5.78%), Folate: 20.23µg (5.06%), Potassium: 168.4mg (4.81%), Vitamin B2: 0.08mg (4.47%), Iron: 0.71mg (3.92%), Calcium: 33.89mg (3.39%), Zinc: 0.46mg (3.09%), Vitamin E: 0.43mg (2.84%), Selenium: 1.56µg (2.23%), Vitamin K: 2.05µg (1.96%), Vitamin B12: 0.1µg (1.69%), Vitamin A: 59.9IU (1.2%)