



Couscous with Chicken and Root Vegetables

 Dairy Free

READY IN



32 min.

SERVINGS



6

CALORIES



326 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 14.5 ounce canned tomatoes diced drained canned
- ☐ 1 cup carrots chopped (3 medium)
- ☐ 2 sticks cinnamon (3-inch)
- ☐ 3 cups couscous hot cooked
- ☐ 1.5 teaspoons curry powder
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 garlic clove coarsely chopped

- ☐ 1.5 teaspoons ground cumin
- ☐ 2 cups beef broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 0.3 cup parsnips diced
- ☐ 1 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 12 ounce chicken breast halves boneless skinless cut into 1-inch pieces
- ☐ 1 tablespoon tomato paste
- ☐ 1 teaspoon turmeric
- ☐ 1.3 cups turnip diced peeled (2 small)

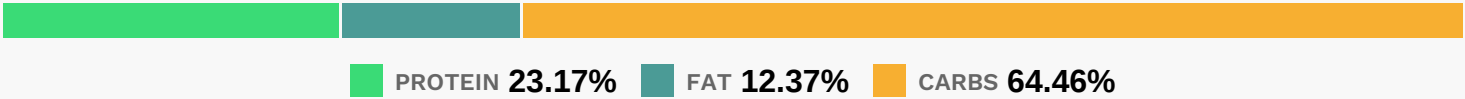
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ ladle

Directions

- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add oil; swirl to coat.
- ☐ Add onion to pan; saut 5 minutes or until tender.
- ☐ Add garlic; saut 1 minute. Stir in salt and next 5 ingredients (through cinnamon sticks); cook 30 seconds. Stir in tomato paste. Stir in chicken broth and tomatoes; bring to a boil. Stir in chicken and next 3 ingredients (through parsnip). Bring to a boil. Reduce heat; simmer, uncovered, 5 minutes. Stir in raisins, and cook 5 minutes or until vegetables are tender and chicken is done. Discard cinnamon sticks.
- ☐ Spoon 1/2 cup couscous into each of 6 bowls. Ladle 1 cup stew evenly over couscous.
- ☐ Sprinkle with parsley.
- ☐ Tip: Do yourself a favor and prep all your ingredients first. It saves so much time and makes the recipe come together in a snap.

Nutrition Facts



Properties

Glycemic Index:86.61, Glycemic Load:26.13, Inflammation Score:-10, Nutrition Score:23.252608672432%

Flavonoids

Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg, Quercetin: 10.95mg

Nutrients (% of daily need)

Calories: 325.6kcal (16.28%), Fat: 4.66g (7.17%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 54.64g (18.21%), Net Carbohydrates: 47.21g (17.17%), Sugar: 8.07g (8.97%), Cholesterol: 36.29mg (12.1%), Sodium: 566.31mg (24.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.64g (39.27%), Vitamin A: 3898.03IU (77.96%), Selenium: 41.32µg (59.03%), Vitamin B3: 8.39mg (41.96%), Vitamin B6: 0.77mg (38.57%), Manganese: 0.75mg (37.38%), Potassium: 1104.89mg (31.57%), Vitamin K: 32.93µg (31.36%), Fiber: 7.43g (29.73%), Vitamin C: 23.02mg (27.9%), Phosphorus: 221.23mg (22.12%), Iron: 3.24mg (18%), Copper: 0.34mg (16.87%), Vitamin B5: 1.53mg (15.33%), Magnesium: 61.22mg (15.31%), Vitamin B1: 0.23mg (15.25%), Vitamin E: 1.94mg (12.9%), Folate: 49.06µg (12.27%), Vitamin B2: 0.21mg (12.13%), Calcium: 93.44mg (9.34%), Zinc: 1.13mg (7.56%), Vitamin B12: 0.11µg (1.89%)