



Couscous with chorizo & chickpeas

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



584 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 250 g couscous
- ☐ 300 ml vegetable stock
- ☐ 2 tbsp olive oil
- ☐ 200 g chorizo sliced
- ☐ 1 onion sliced
- ☐ 1 tsp paprika
- ☐ 400 g chickpeas drained canned
- ☐ 425 ml chicken stock see

☐ 4 servings parsley chopped

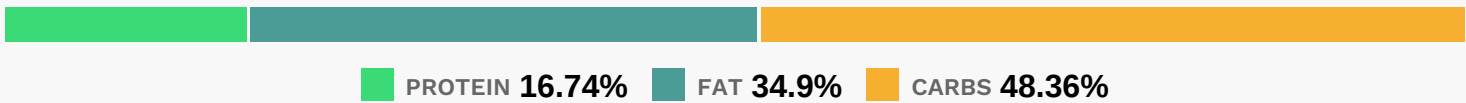
Equipment

- ☐ frying pan
- ☐ slotted spoon

Directions

- ☐ Prepare couscous with vegetable stock, according to the packet's instructions.
- ☐ Heat olive oil in a large pan and stir fry the chorizo for 3–4 mins.
- ☐ Remove with a slotted spoon and put aside.
- ☐ Add the onion to the oil left in the pan and cook for 5–6 minutes until softened. Stir in the paprika, cook for 1 min, then tip in the chickpeas and the chicken stock. Return the chorizo to the pan and simmer for 2 mins. Spoon over the couscous and scatter with chopped parsley.

Nutrition Facts



Properties

Glycemic Index:63.08, Glycemic Load:34.14, Inflammation Score:-7, Nutrition Score:18.279130458832%

Flavonoids

Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg, Apigenin: 8.63mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg, Quercetin: 5.59mg

Nutrients (% of daily need)

Calories: 584.32kcal (29.22%), Fat: 22.38g (34.43%), Saturated Fat: 6.08g (38.02%), Carbohydrates: 69.77g (23.26%), Net Carbohydrates: 61.45g (22.35%), Sugar: 3.6g (4%), Cholesterol: 34.48mg (11.49%), Sodium: 740.74mg (32.21%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.15g (48.3%), Manganese: 1.36mg (67.83%), Vitamin K: 70.6µg (67.24%), Fiber: 8.33g (33.3%), Vitamin B6: 0.66mg (32.82%), Phosphorus: 227.45mg (22.75%), Vitamin B3: 4.16mg (20.78%), Iron: 3.56mg (19.79%), Vitamin A: 976.2IU (19.52%), Copper: 0.39mg (19.32%), Magnesium: 64.58mg (16.15%), Folate: 54.48µg (13.62%), Vitamin B1: 0.19mg (12.64%), Potassium: 436.41mg (12.47%), Vitamin B5: 1.14mg (11.4%), Vitamin B2: 0.17mg (10.22%), Zinc: 1.47mg (9.83%), Vitamin C: 7.68mg (9.3%), Vitamin E: 1.24mg

(8.29%), Calcium: 66.47mg (6.65%), Selenium: 4.55µg (6.5%)