



Couscous with Corn and Black Beans



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



381 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce black beans rinsed drained canned
- ☐ 10 ounce whole-kernel corn frozen thawed drained
- ☐ 1 cup couscous uncooked
- ☐ 0.5 cup parsley fresh chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.1 teaspoon coarsely ground pepper
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 2 tablespoons olive oil
- ☐ 3 tablespoons orange juice
- ☐ 0.3 teaspoon salt
- ☐ 1.5 cups water

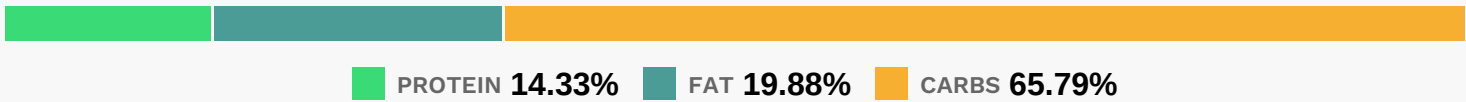
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a medium saucepan, and stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Combine couscous, parsley, beans, and corn in a large bowl; toss.
- ☐ Combine orange juice and the next 6 ingredients (orange juice through pepper); stir.
- ☐ Add to couscous mixture; toss well.

Nutrition Facts



Properties

Glycemic Index:46.5, Glycemic Load:21.12, Inflammation Score:-8, Nutrition Score:19.086956501007%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 3.15mg, Hesperetin: 3.15mg, Hesperetin: 3.15mg, Hesperetin: 3.15mg Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg, Naringenin: 0.43mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 380.5kcal (19.03%), Fat: 8.59g (13.22%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 63.98g (21.33%), Net Carbohydrates: 52.68g (19.16%), Sugar: 4.59g (5.1%), Cholesterol: 0mg (0%), Sodium: 712.46mg (30.98%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.94g (27.88%), Vitamin K: 127.34µg (121.27%), Fiber: 11.3g (45.22%), Manganese: 0.69mg (34.67%), Vitamin C: 25.36mg (30.74%), Folate: 117.29µg (29.32%), Phosphorus: 229.14mg (22.91%), Copper: 0.37mg (18.48%), Iron: 3.31mg (18.4%), Magnesium: 72.81mg (18.2%), Vitamin B1: 0.27mg (17.82%), Potassium: 575.39mg (16.44%), Vitamin B3: 3.05mg (15.23%), Vitamin B2: 0.24mg (14.01%), Vitamin A: 696.3IU (13.93%), Vitamin B5: 1.06mg (10.56%), Zinc: 1.27mg (8.46%), Vitamin E: 1.16mg (7.71%), Vitamin B6: 0.15mg (7.54%), Calcium: 67.07mg (6.71%), Selenium: 1.85µg (2.65%)