



Couscous With Corn And Tomatoes



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 0.7 cup parsley fresh minced
- ☐ 1 garlic clove minced
- ☐ 1.5 cups grape tomatoes halved
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 teaspoon pepper
- ☐ 0.5 teaspoon salt

- ☐ 1.5 cups vegetable broth fat-free
- ☐ 11 ounce kernel corn whole undrained canned

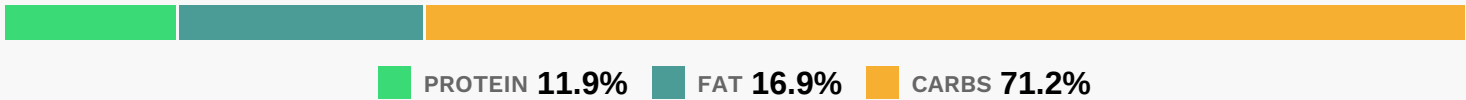
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring broth to a boil in a medium saucepan.
- ☐ Add couscous; stir well. Cover, remove from heat, and let stand 5 minutes.
- ☐ Transfer couscous to a large bowl, and fluff with a fork.
- ☐ Add corn and remaining 7 ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:40.33, Glycemic Load:14.42, Inflammation Score:-7, Nutrition Score:10.556521700452%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg, Apigenin: 14.37mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg, Myricetin: 1.05mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 181.6kcal (9.08%), Fat: 3.41g (5.24%), Saturated Fat: 0.49g (3.08%), Carbohydrates: 32.28g (10.76%), Net Carbohydrates: 30.12g (10.95%), Sugar: 1.67g (1.85%), Cholesterol: 0mg (0%), Sodium: 522.19mg (22.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.4g (10.79%), Vitamin K: 113.83µg (108.41%), Vitamin C: 16.94mg (20.54%), Vitamin A: 997.83IU (19.96%), Manganese: 0.33mg (16.36%), Folate: 37.59µg (9.4%), Vitamin B3: 1.73mg (8.65%), Fiber: 2.16g (8.62%), Phosphorus: 84.43mg (8.44%), Potassium: 241.7mg (6.91%), Magnesium: 26.41mg (6.6%), Copper: 0.12mg (6.14%), Iron: 0.98mg (5.42%), Vitamin B1: 0.08mg (5.11%), Vitamin B5: 0.43mg (4.29%), Vitamin E: 0.6mg (3.97%), Vitamin B6: 0.08mg (3.81%), Zinc: 0.53mg (3.53%), Vitamin B2: 0.05mg (2.67%),

Calcium: 22.6mg (2.26%)