



Couscous with Cranberries and Pine Nuts

 Vegetarian  Dairy Free

READY IN



7 min.

SERVINGS



4

CALORIES



287 kcal

SIDE DISH

Ingredients

- 1.3 cups less-sodium chicken broth fat-free
- 2 tablespoons flat-leaf parsley fresh chopped
- 1 teaspoon olive oil
- 2 tablespoons pinenuts toasted
- 0.3 teaspoon salt
- 0.3 cup cranberries dried sweetened
- 1 cup couscous whole wheat uncooked

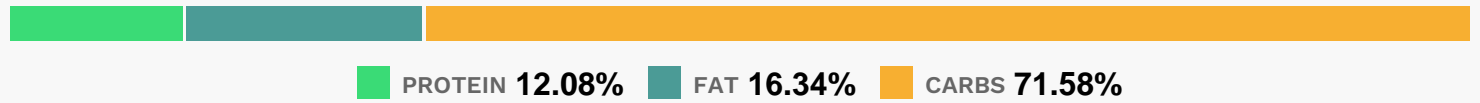
Equipment

sauce pan

Directions

- Bring first 3 ingredients to a boil in a medium saucepan. Stir in couscous and cranberries.
- Remove from heat; cover and let stand 5 minutes.
- Add pine nuts and parsley; fluff with a fork.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:8, Glycemic Load:0.02, Inflammation Score:-2, Nutrition Score:6.1439130617225%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 287.29kcal (14.36%), Fat: 5.67g (8.73%), Saturated Fat: 0.39g (2.45%), Carbohydrates: 55.92g (18.64%), Net Carbohydrates: 50.08g (18.21%), Sugar: 6.84g (7.6%), Cholesterol: 0mg (0%), Sodium: 437.1mg (19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.44g (18.88%), Vitamin K: 36.67µg (34.93%), Manganese: 0.47mg (23.58%), Fiber: 5.84g (23.36%), Iron: 2.41mg (13.36%), Vitamin E: 0.78mg (5.23%), Copper: 0.09mg (4.37%), Phosphorus: 38.32mg (3.83%), Magnesium: 14.57mg (3.64%), Vitamin B3: 0.68mg (3.42%), Vitamin A: 169.93IU (3.4%), Vitamin C: 2.72mg (3.29%), Calcium: 27.88mg (2.79%), Zinc: 0.37mg (2.44%), Vitamin B12: 0.14µg (2.36%), Selenium: 1.64µg (2.35%), Potassium: 65.96mg (1.88%), Vitamin B2: 0.03mg (1.78%), Vitamin B1: 0.03mg (1.72%), Folate: 5.45µg (1.36%), Vitamin B5: 0.13mg (1.25%)