



## Couscous with Golden Raisins and Herbs

 Vegetarian  Dairy Free

READY IN



11 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

### Ingredients

- 0.8 cup couscous uncooked
- 1.3 cups less-sodium chicken broth fat-free divided
- 2 tablespoons basil fresh chopped
- 2 tablespoons parsley fresh minced
- 0.3 cup golden raisins
- 1 tablespoon juice of lime fresh
- 2 teaspoons olive oil extra-virgin
- 0.3 cup onion finely chopped

- 0.1 teaspoon pepper
- 1 tablespoon pinenuts toasted
- 0.3 teaspoon salt

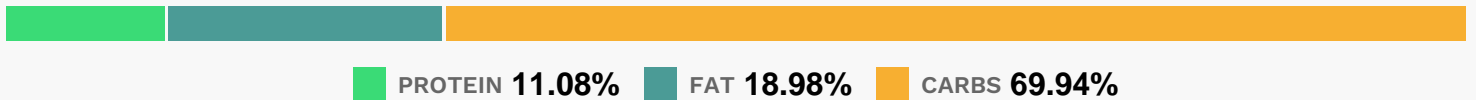
## Equipment

- sauce pan

## Directions

- Combine 1/3 cup chicken broth, onion, and raisins in a medium saucepan. Bring to a boil; reduce heat, and simmer, uncovered, 5 minutes or until liquid is absorbed.
- Add remaining chicken broth and salt; bring to a boil. Stir in couscous.
- Remove from heat; cover and let stand 5 minutes.
- Fluff couscous mixture with a fork.
- Add parsley and remaining ingredients to couscous mixture; toss gently.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:70.67, Glycemic Load:19.39, Inflammation Score:-4, Nutrition Score:7.2978261968364%

## Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

## Nutrients (% of daily need)

Calories: 192.91kcal (9.65%), Fat: 4.12g (6.35%), Saturated Fat: 0.46g (2.87%), Carbohydrates: 34.2g (11.4%), Net Carbohydrates: 31.84g (11.58%), Sugar: 6.08g (6.75%), Cholesterol: 0mg (0%), Sodium: 460.89mg (20.04%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 5.42g (10.84%), Vitamin K: 39.98µg (38.08%), Manganese: 0.55mg (27.29%), Fiber: 2.36g (9.44%), Phosphorus: 93.51mg (9.35%), Vitamin B3: 1.82mg (9.1%), Copper: 0.17mg (8.65%), Magnesium: 27.53mg (6.88%), Vitamin C: 5.01mg (6.08%), Potassium: 192.98mg (5.51%), Vitamin B5: 0.54mg (5.42%), Iron: 0.96mg (5.31%), Vitamin B1: 0.08mg (5.04%), Vitamin B6: 0.09mg (4.74%), Vitamin A: 224.37IU (4.49%), Vitamin B2: 0.07mg (4.13%), Vitamin E: 0.57mg (3.77%), Folate: 14.37µg (3.59%), Zinc: 0.53mg (3.5%), Selenium: 1.81µg (2.58%), Vitamin B12: 0.15µg (2.52%), Calcium: 23.76mg (2.38%)