

Couscous with Leeks, Corn, and Olives

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



347 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 10 ounce couscous
- 1 cup wine dry white
- 1 cup ears corn fresh (from 2 ears of corn)
- 2 teaspoons thyme sprigs fresh chopped
- 4 ounces kalamata olives black pitted coarsely chopped
- 2 medium leek white green chopped (and pale parts only)
- 3 tablespoons juice of lemon fresh
- 1 cup chicken broth canned

3 tablespoons olive oil

1 cup water

Equipment

frying pan

sauce pan

Directions

Heat oil in heavy medium saucepan over medium heat.

Add leeks and corn and sauté until vegetables are soft, about 3 minutes.

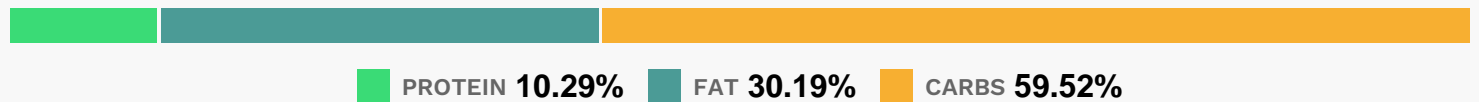
Add 1 cup water, wine, broth, and thyme; bring mixture to boil.

Remove pan from heat and mix in couscous. Cover and let stand 5 minutes. Using fork, fluff couscous.

Mix in olives and lemon juice. Season to taste with salt and pepper.

Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:26.17, Glycemic Load:23.61, Inflammation Score:-8, Nutrition Score:9.680434729742%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg, Catechin: 0.31mg Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg, Epicatechin: 0.22mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg, Kaempferol: 0.8mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 347.24kcal (17.36%), Fat: 10.87g (16.73%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 48.24g (16.08%), Net Carbohydrates: 44.12g (16.04%), Sugar: 3.4g (3.77%), Cholesterol: 0mg (0%), Sodium: 325.16mg (14.14%), Alcohol: 4.12g (100%), Alcohol %: 2.06% (100%), Protein: 8.34g (16.67%), Manganese: 0.61mg (30.49%), Vitamin K: 18.65µg (17.77%), Fiber: 4.12g (16.48%), Vitamin B3: 2.84mg (14.21%), Vitamin E: 2.03mg (13.53%), Phosphorus: 133.28mg (13.33%), Vitamin A: 646.13IU (12.92%), Magnesium: 46.42mg (11.61%), Vitamin C: 9.17mg (11.12%), Copper: 0.22mg (11.05%), Folate: 41.35µg (10.34%), Iron: 1.7mg (9.46%), Vitamin B1: 0.14mg (9.36%), Vitamin B6: 0.18mg (8.96%), Vitamin B5: 0.84mg (8.37%), Potassium: 279.1mg (7.97%), Calcium: 48.73mg (4.87%), Vitamin B2: 0.08mg (4.85%), Zinc: 0.65mg (4.36%)