



## Couscous With Mint-Yogurt Sauce

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



384 kcal

SIDE DISH

### Ingredients

- 0.3 cup carrots shredded
- 2 cups chicken stock see
- 0.3 teaspoon chili powder
- 0.3 teaspoon cinnamon
- 0.3 teaspoon cilantro leaves
- 7 ounces couscous
- 0.3 teaspoon cumin
- 0.3 cup currants (or raisins)

- 0.3 cup apricot dried chopped
- 1 garlic clove minced
- 2 tablespoons honey
- 0.3 cup mint leaves fresh minced
- 0.3 teaspoon mustard
- 1 tablespoon olive oil
- 0.5 cup onion minced
- 2 tablespoons orange juice concentrate
- 0.5 cup yogurt plain
- 4 servings salt
- 0.5 teaspoon sugar

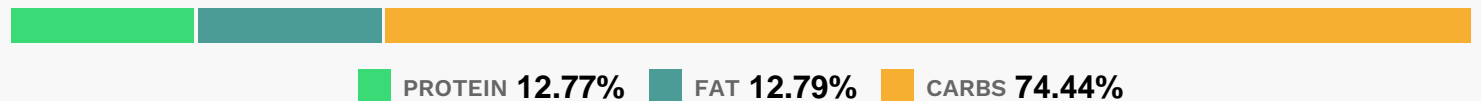
## Equipment

- bowl

## Directions

- Saute the onion in the olive oil for 2-3 minutes. Stir in dry couscous and toast for 3 minutes.
- Add chicken stock, carrot, currants, apricots, and spices. Cover and cook for 5 minutes. In a separate bowl, mix the yogurt, mint, garlic, honey, orange juice concentrate, and salt.
- Combine ingredients and refrigerate for at least one hour.
- Garnish with a few mint leaves.

## Nutrition Facts



## Properties

Glycemic Index:105.9, Glycemic Load:32.09, Inflammation Score:-8, Nutrition Score:12.753043413162%

## Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg, Quercetin: 4.09mg

## **Nutrients (% of daily need)**

Calories: 383.99kcal (19.2%), Fat: 5.52g (8.49%), Saturated Fat: 1g (6.25%), Carbohydrates: 72.31g (24.1%), Net Carbohydrates: 67.8g (24.66%), Sugar: 26.76g (29.74%), Cholesterol: 4.21mg (1.4%), Sodium: 412.66mg (17.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.81%), Vitamin A: 1829.24IU (36.58%), Manganese: 0.57mg (28.73%), Vitamin B3: 4.29mg (21.47%), Phosphorus: 197.65mg (19.76%), Vitamin C: 14.89mg (18.05%), Fiber: 4.51g (18.02%), Potassium: 582.2mg (16.63%), Vitamin B2: 0.27mg (15.79%), Copper: 0.28mg (14.04%), Vitamin B1: 0.19mg (12.9%), Vitamin B6: 0.26mg (12.78%), Magnesium: 47.36mg (11.84%), Calcium: 110.9mg (11.09%), Vitamin B5: 0.97mg (9.7%), Iron: 1.63mg (9.07%), Folate: 35.84µg (8.96%), Zinc: 1.09mg (7.24%), Vitamin E: 1.06mg (7.06%), Selenium: 4.46µg (6.37%), Vitamin K: 4.34µg (4.13%), Vitamin B12: 0.19µg (3.11%)