



Couscous with Mixed Fruit

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



100 kcal

SIDE DISH

Ingredients

- 0.5 cup roma apple chopped
- 0.5 cup apple juice
- 1 cup couscous uncooked
- 0.5 cup fruit mixed dried chopped
- 1 cup less-sodium chicken broth fat-free
- 0.3 teaspoon salt

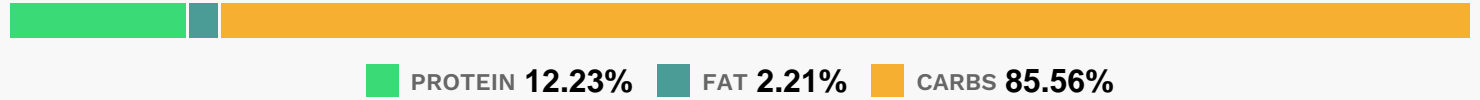
Equipment

- sauce pan

Directions

- Combine first 4 ingredients in a nonaluminum saucepan; let stand 15 minutes.
- Add salt to fruit mixture; bring to a boil over medium heat. Stir in couscous; cover and remove from heat.
- Let stand 5 to 7 minutes or until liquid is absorbed. Fluff with a fork before serving.

Nutrition Facts



Properties

Glycemic Index:21.09, Glycemic Load:11.59, Inflammation Score:-1, Nutrition Score:2.3139130369477%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg, Catechin: 0.3mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg, Epicatechin: 1.32mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg, Quercetin: 0.4mg

Nutrients (% of daily need)

Calories: 99.86kcal (4.99%), Fat: 0.24g (0.37%), Saturated Fat: 0.03g (0.22%), Carbohydrates: 21.21g (7.07%), Net Carbohydrates: 19.67g (7.15%), Sugar: 3.54g (3.94%), Cholesterol: 0mg (0%), Sodium: 191.84mg (8.34%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.03g (6.06%), Manganese: 0.2mg (9.95%), Fiber: 1.54g (6.18%), Vitamin B3: 0.95mg (4.73%), Phosphorus: 43.5mg (4.35%), Copper: 0.07mg (3.5%), Vitamin B5: 0.33mg (3.26%), Magnesium: 12.67mg (3.17%), Vitamin B1: 0.04mg (2.93%), Potassium: 85.44mg (2.44%), Iron: 0.35mg (1.96%), Vitamin B6: 0.04mg (1.82%), Vitamin B2: 0.03mg (1.74%), Zinc: 0.21mg (1.39%), Folate: 5.07µg (1.27%), Calcium: 12.13mg (1.21%)