



Couscous with Mushrooms and Sun-Dried Tomatoes



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



359 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce couscous
- ☐ 0.3 cup basil leaves fresh
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 3 cloves garlic pressed
- ☐ 1 bunch green onions chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 1 teaspoon olive oil

- ☐ 4 ounces portobello mushroom caps sliced
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup dehydrated sun-dried tomatoes
- ☐ 1.5 cups water

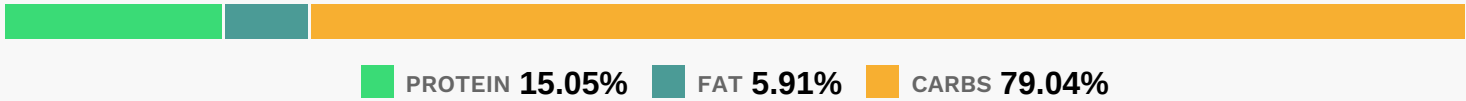
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place the sun-dried tomatoes in a bowl with 1 cup water. Soak 30 minutes, until rehydrated.
- ☐ Drain, reserving water, and chop.
- ☐ In a medium saucepan, combine the reserved sun-dried tomato water with enough water to yield 1 1/2 cups. Bring to a boil. Stir in the couscous. Cover, remove from heat, and allow to sit 5 minutes, until liquid has been absorbed. Gently fluff with a fork.
- ☐ Heat the olive oil in a skillet. Stir in the sun-dried tomatoes, garlic, and green onions. Cook and stir about 5 minutes, until the green onions are tender.
- ☐ Mix in the basil, cilantro, and lemon juice. Season with salt and pepper.
- ☐ Mix in the mushrooms, and continue cooking 3 to 5 minutes. Toss with the cooked couscous to serve.

Nutrition Facts



Properties

Glycemic Index:64.75, Glycemic Load:37.27, Inflammation Score:-6, Nutrition Score:18.323912995665%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg

Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 359.3kcal (17.96%), Fat: 2.42g (3.72%), Saturated Fat: 0.36g (2.26%), Carbohydrates: 72.85g (24.28%), Net Carbohydrates: 65.28g (23.74%), Sugar: 11.32g (12.58%), Cholesterol: 0mg (0%), Sodium: 239.23mg (10.4%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.87g (27.74%), Manganese: 1.16mg (57.77%), Vitamin K: 36.29µg (34.56%), Potassium: 1204.7mg (34.42%), Copper: 0.68mg (34.16%), Vitamin B3: 6.32mg (31.58%), Fiber: 7.57g (30.28%), Phosphorus: 256.57mg (25.66%), Magnesium: 88.95mg (22.24%), Iron: 3.57mg (19.84%), Vitamin B1: 0.29mg (19.17%), Vitamin B5: 1.81mg (18.11%), Vitamin C: 14.69mg (17.81%), Vitamin B2: 0.24mg (13.98%), Vitamin B6: 0.25mg (12.45%), Folate: 47.45µg (11.86%), Selenium: 7.16µg (10.23%), Vitamin A: 473.58IU (9.47%), Zinc: 1.37mg (9.12%), Calcium: 63.73mg (6.37%), Vitamin E: 0.23mg (1.56%)