



## Couscous with Olives and Sun-Dried Tomato



Vegetarian



Vegan



Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



651 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- ☐ 0.5 cup olives black sliced
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 4 cloves garlic minced
- ☐ 1 pinch ground pepper black
- ☐ 5 tablespoons olive oil divided
- ☐ 2 cups pearl couscous (Israeli)
- ☐ 0.5 cup pinenuts
- ☐ 1 pinch salt

- ☐ 1 shallots minced
- ☐ 0.3 cup sun-dried tomatoes packed in oil, drained and chopped
- ☐ 1 cup vegetable broth
- ☐ 1.3 cups water

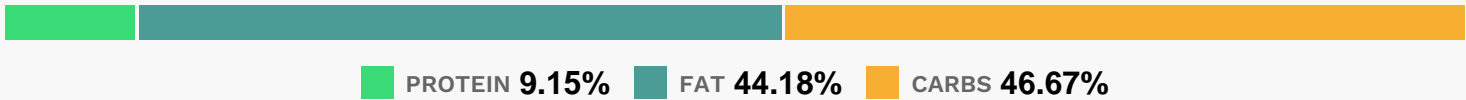
## Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

## Directions

- ☐ Bring 1 1/4 cup vegetable broth and water to a boil in a saucepan, stir in couscous, and mix in salt and black pepper. Reduce heat to low and simmer until liquid is absorbed, about 8 minutes.
- ☐ Heat 3 tablespoons olive oil in a skillet over medium-high heat; stir in pine nuts and cook, stirring frequently, until pine nuts smell toasted and are golden brown, about 1 minute.
- ☐ Remove from heat.
- ☐ Heat remaining 2 tablespoons olive oil in a saucepan; cook and stir garlic and shallot in the hot oil until softened, about 2 minutes. Stir black olives and sun-dried tomatoes into garlic mixture and cook until heated through, 2 to 3 minutes, stirring often. Slowly pour in 1 cup vegetable broth and bring mixture to a boil. Reduce heat to low and simmer until sauce has reduced, 8 to 10 minutes.
- ☐ Transfer couscous to a large serving bowl, mix with sauce, and serve topped with parsley and pine nuts.

## Nutrition Facts



## Properties

Glycemic Index:66, Glycemic Load:42.36, Inflammation Score:-7, Nutrition Score:21.383912920952%

## Flavonoids

Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg, Apigenin: 8.1mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 651.19kcal (32.56%), Fat: 32.5g (49.99%), Saturated Fat: 3.73g (23.33%), Carbohydrates: 77.22g (25.74%), Net Carbohydrates: 70.25g (25.54%), Sugar: 5.2g (5.77%), Cholesterol: 0mg (0%), Sodium: 534.05mg (23.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.15g (30.3%), Manganese: 2.4mg (119.95%), Vitamin K: 85.45µg (81.38%), Vitamin E: 4.77mg (31.81%), Copper: 0.62mg (30.83%), Phosphorus: 286.24mg (28.62%), Fiber: 6.98g (27.91%), Magnesium: 104.34mg (26.08%), Vitamin B3: 4.68mg (23.39%), Iron: 3.23mg (17.95%), Vitamin B1: 0.27mg (17.72%), Potassium: 618.37mg (17.67%), Zinc: 2.09mg (13.97%), Vitamin B5: 1.36mg (13.62%), Vitamin C: 10.15mg (12.31%), Vitamin A: 593.02IU (11.86%), Vitamin B6: 0.21mg (10.39%), Vitamin B2: 0.16mg (9.37%), Folate: 37.5µg (9.37%), Calcium: 57.51mg (5.75%), Selenium: 1.28µg (1.83%)