



HEALTH SCORE

61%

Couscous with Orange and Almonds



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



500 kcal

SIDE DISH

Ingredients

- ☐ 4 servings pepper black freshly ground
- ☐ 2 cups couscous instant
- ☐ 3 tablespoons flat-leaf parsley fresh finely chopped
- ☐ 3 tablespoons mint leaves fresh finely chopped
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 medium onion thinly sliced
- ☐ 1 cranberry-orange relish diced peeled
- ☐ 2 tablespoons orange juice fresh

- ☐ 1 teaspoon orange zest finely grated
- ☐ 1 head radicchio thinly shredded
- ☐ 2 tablespoons red wine vinegar
- ☐ 1 teaspoon salt plus more for seasoning
- ☐ 4 servings slivered almonds toasted
- ☐ 2 cups water boiling

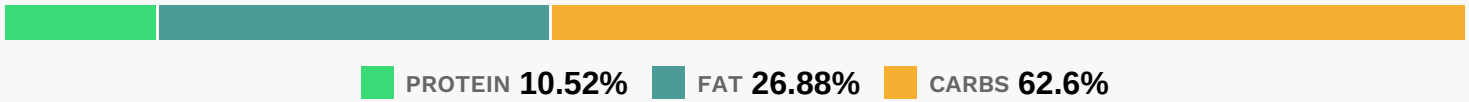
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Put the couscous in a large bowl, add the 2 cups boiling water, 1 teaspoon salt and orange zest, then cover and let steam for 5 minutes.
- ☐ Remove the cover and fluff with a fork.
- ☐ Whisk together the orange juice, vinegar and olive oil in a small bowl.
- ☐ Add half of the dressing to the couscous along with the onion, orange, mint and parsley and gently combine with a fork.
- ☐ Put the radicchio in a bowl, add the remaining dressing and season with salt and pepper, to taste.
- ☐ Transfer the couscous to a large platter, top with the radicchio and garnish with slivered almonds.

Nutrition Facts



Properties

Glycemic Index:66.38, Glycemic Load:42.83, Inflammation Score:-8, Nutrition Score:19.618695481964%

Flavonoids

Cyanidin: 88.92mg, Cyanidin: 88.92mg, Cyanidin: 88.92mg, Cyanidin: 88.92mg Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg, Delphinidin: 5.38mg Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg, Epigallocatechin: 0.03mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg, Hesperetin: 10.32mg Naringenin: 5.2mg, Naringenin: 5.2mg, Naringenin: 5.2mg, Naringenin: 5.2mg Apigenin: 6.68mg, Apigenin: 6.68mg, Apigenin: 6.68mg, Apigenin: 6.68mg Luteolin: 27.17mg, Luteolin: 27.17mg, Luteolin: 27.17mg, Luteolin: 27.17mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 25.03mg, Quercetin: 25.03mg, Quercetin: 25.03mg, Quercetin: 25.03mg

Nutrients (% of daily need)

Calories: 500.32kcal (25.02%), Fat: 14.91g (22.94%), Saturated Fat: 2.09g (13.07%), Carbohydrates: 78.17g (26.06%), Net Carbohydrates: 71.05g (25.84%), Sugar: 4.9g (5.44%), Cholesterol: 0mg (0%), Sodium: 34.67mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.13g (26.26%), Vitamin K: 243.71µg (232.11%), Manganese: 0.95mg (47.39%), Vitamin C: 34.22mg (41.48%), Fiber: 7.12g (28.47%), Vitamin E: 4.1mg (27.31%), Copper: 0.53mg (26.63%), Folate: 86.65µg (21.66%), Phosphorus: 197.04mg (19.7%), Vitamin B3: 3.54mg (17.71%), Magnesium: 65.04mg (16.26%), Potassium: 517.6mg (14.79%), Vitamin B5: 1.42mg (14.23%), Vitamin B1: 0.21mg (13.68%), Iron: 2.4mg (13.34%), Vitamin A: 545.5IU (10.91%), Vitamin B6: 0.2mg (9.88%), Calcium: 92.26mg (9.23%), Zinc: 1.36mg (9.05%), Vitamin B2: 0.14mg (8.11%), Selenium: 0.98µg (1.4%)