



Couscous with Peas and Mint

 Vegetarian

READY IN



12 min.

SERVINGS



4

CALORIES



431 kcal

SIDE DISH

Ingredients

- ☐ 3 tablespoons butter
- ☐ 2 cups couscous
- ☐ 3 sprigs mint leaves fresh finely chopped
- ☐ 0.5 juice of lemon juiced
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 cup peas frozen

Equipment

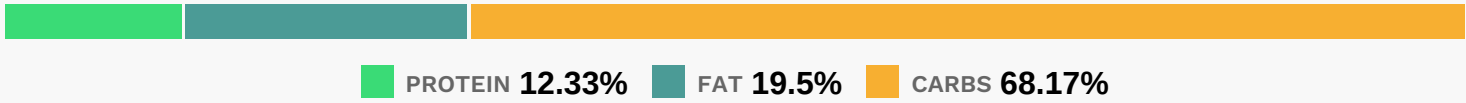
- ☐ frying pan

☐ sauce pan

Directions

- ☐ In a medium saucepan over high heat, bring 2 1/2 cups of water to a boil.
- ☐ Add the frozen peas, and boil for 1 minute. Stir in the couscous and butter; turn off the heat. Cover the pan and let rest for 5 minutes.
- ☐ Add the mint and lemon juice to the couscous and fluff with a fork. Taste and season with salt and pepper, if necessary.

Nutrition Facts



Properties

Glycemic Index:47.83, Glycemic Load:42.14, Inflammation Score:-6, Nutrition Score:11.169130478216%

Flavonoids

Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg, Eriodictyol: 0.41mg Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg, Hesperetin: 0.62mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 431.49kcal (21.57%), Fat: 9.23g (14.21%), Saturated Fat: 5.53g (34.55%), Carbohydrates: 72.64g (24.21%), Net Carbohydrates: 66.15g (24.05%), Sugar: 2.16g (2.4%), Cholesterol: 22.58mg (7.53%), Sodium: 78.27mg (3.4%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.29%), Manganese: 0.85mg (42.27%), Fiber: 6.49g (25.95%), Vitamin C: 16.19mg (19.62%), Vitamin B3: 3.8mg (18.99%), Phosphorus: 189.73mg (18.97%), Vitamin B1: 0.24mg (15.97%), Copper: 0.28mg (14.09%), Magnesium: 51.23mg (12.81%), Vitamin A: 572.34IU (11.45%), Vitamin B5: 1.13mg (11.33%), Folate: 42.8µg (10.7%), Vitamin K: 9.89µg (9.42%), Iron: 1.52mg (8.44%), Vitamin B6: 0.16mg (7.99%), Zinc: 1.19mg (7.92%), Vitamin B2: 0.12mg (7.15%), Potassium: 244.02mg (6.97%), Calcium: 34.83mg (3.48%), Vitamin E: 0.3mg (1.98%), Selenium: 0.77µg (1.09%)