

Couscous with Pistachios and Apricots

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



478 kcal

SIDE DISH

Ingredients

- 0.5 cup onion red chopped
- 0.3 cup juice of lemon
- 10 ounce couscous
- 2 tablespoons olive oil extra virgin divided
- 1 teaspoon salt plus more to taste
- 0.5 cup pistachios raw shelled
- 10 apricot dried chopped
- 0.3 cup parsley chopped

- 2 teaspoons harissa homemade prepared (see this Paula Wolfert harissa recipe)

Equipment

- bowl
- frying pan
- sauce pan
- pot

Directions

- Soak chopped onion in lemon juice:
- Place the chopped onion in a small bowl.
- Pour the lemon juice over the onions, set aside and let the onions soak in the lemon juice.
- Toast pistachios: Toast the pistachios in a small pan on medium-high heat until lightly browned and fragrant. (Take care when toasting nuts, they can burn quickly if you don't pay attention!)
- Remove from heat and place into a small bowl to cool.
- Cook the couscous: Put 2 cups of water in a medium saucepan and bring to a boil.
- Add one tablespoon of olive oil and one teaspoon of salt to the water. Once the salt dissolves, stir in the couscous, turn off the heat and cover the pot. Move the pot off the hot burner and let the couscous steam, covered, for 5-6 minutes.
- Combine ingredients to make salad: Scoop out the couscous into a large bowl and fluff with a fork. Stir in the harissa, if using. Stir in the pistachios, chopped apricots and parsley. Stir in the red onion and lemon juice.
- Add one more tablespoon of olive oil, stir well and add salt to taste.
- Serve warm or at room temperature.

Nutrition Facts



PROTEIN 10.95% **FAT 27.08%** **CARBS 61.97%**

Properties

Glycemic Index:43.85, Glycemic Load:38, Inflammation Score:-8, Nutrition Score:17.40304366402%

Flavonoids

Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg, Cyanidin: 1.13mg Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg, Catechin: 0.55mg Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg, Epigallocatechin: 0.32mg Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg, Epicatechin: 0.13mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg, Quercetin: 4.35mg

Nutrients (% of daily need)

Calories: 478.43kcal (23.92%), Fat: 14.64g (22.52%), Saturated Fat: 1.93g (12.05%), Carbohydrates: 75.36g (25.12%), Net Carbohydrates: 68.16g (24.79%), Sugar: 13.47g (14.96%), Cholesterol: 0mg (0%), Sodium: 628mg (27.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.32g (26.64%), Vitamin K: 87.04µg (82.9%), Manganese: 0.82mg (41.07%), Fiber: 7.2g (28.79%), Vitamin A: 1224.12IU (24.48%), Copper: 0.46mg (23.25%), Phosphorus: 221.24mg (22.12%), Vitamin B6: 0.41mg (20.37%), Vitamin C: 15.49mg (18.78%), Vitamin B1: 0.27mg (18.11%), Potassium: 589.29mg (16.84%), Vitamin B3: 3.33mg (16.67%), Vitamin E: 2.34mg (15.6%), Magnesium: 61.92mg (15.48%), Iron: 2.33mg (12.94%), Vitamin B5: 1.13mg (11.29%), Folate: 38.69µg (9.67%), Zinc: 1.11mg (7.37%), Vitamin B2: 0.11mg (6.41%), Calcium: 57.5mg (5.75%), Selenium: 1.67µg (2.38%)