



## Couscous with Pistachios and Oranges

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



174 kcal

SIDE DISH

### Ingredients

- 0.7 cup couscous uncooked
- 0.1 teaspoon coarsely ground pepper black
- 2 teaspoons juice of lemon fresh
- 11 ounce mandarin oranges in syrup light undrained canned
- 2 tablespoons pistachios chopped
- 0.3 teaspoon salt
- 1 cup vegetable broth

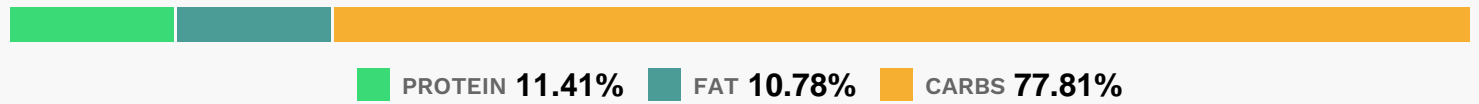
### Equipment

- bowl
- sauce pan
- colander

## Directions

- Bring broth to a boil in a medium saucepan; stir in couscous.
- Remove from heat; cover and let stand 5 minutes or until broth is absorbed.
- Drain oranges in a colander over a bowl, reserving 2 tablespoons syrup.
- Transfer couscous to a large bowl; fluff with a fork. Stir in 2 tablespoons orange syrup, lemon juice, and next 3 ingredients.
- Add reserved orange sections, and toss gently.

## Nutrition Facts



## Properties

Glycemic Index:50.5, Glycemic Load:17.8, Inflammation Score:-6, Nutrition Score:6.3756521671363%

## Flavonoids

Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg, Cyanidin: 0.27mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg, Epigallocatechin 3-gallate: 0.01mg Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 6.55mg, Hesperetin: 6.55mg, Hesperetin: 6.55mg, Hesperetin: 6.55mg Naringenin: 7.85mg, Naringenin: 7.85mg, Naringenin: 7.85mg, Naringenin: 7.85mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

## Nutrients (% of daily need)

Calories: 174.45kcal (8.72%), Fat: 2.14g (3.29%), Saturated Fat: 0.27g (1.71%), Carbohydrates: 34.69g (11.56%), Net Carbohydrates: 31.44g (11.43%), Sugar: 9.11g (10.13%), Cholesterol: 0mg (0%), Sodium: 384.86mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.09g (10.17%), Vitamin C: 21.99mg (26.66%), Manganese: 0.31mg (15.45%), Vitamin A: 672.11IU (13.44%), Fiber: 3.25g (13.02%), Vitamin B1: 0.13mg (8.37%), Phosphorus: 83.28mg (8.33%), Vitamin B6: 0.16mg (7.88%), Copper: 0.15mg (7.7%), Vitamin B3: 1.35mg (6.76%), Magnesium: 26.84mg (6.71%), Potassium: 219.15mg (6.26%), Vitamin B5: 0.55mg (5.5%), Folate: 20.66µg (5.17%), Calcium: 40.22mg

(4.02%), Vitamin B2: 0.06mg (3.36%), Iron: 0.58mg (3.25%), Zinc: 0.38mg (2.53%), Vitamin E: 0.25mg (1.64%)