



Couscous with Spiced Zucchini

 Vegetarian  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



230 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black
- 0.5 teaspoon chili powder
- 0.8 cup couscous plain
- 0.3 cup mint leaves fresh chopped
- 1 garlic clove finely chopped
- 0.8 teaspoon ground coriander
- 0.3 teaspoon ground cumin
- 1 tablespoon juice of lemon fresh

- 1 cup chicken broth reduced-sodium
- 2 tablespoons olive oil extra virgin extra-virgin
- 1 medium onion chopped
- 1 teaspoon salt
- 1 lb zucchini cut into 1/2-inch cubes

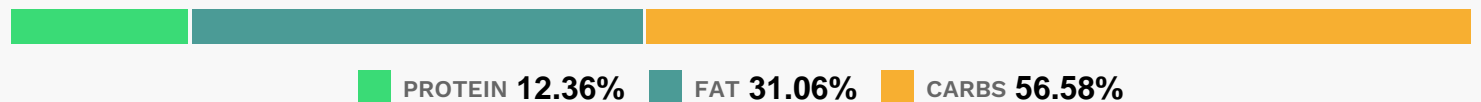
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Bring broth with 1/4 teaspoon salt just to a boil in a small saucepan, then pour over couscous in a bowl and let stand, covered, 5 minutes. Fluff with a fork and set aside until ready to use.
- Meanwhile, heat oil in a 10-inch heavy skillet over moderately high heat until hot but not smoking, then sauté onion with 1/4 teaspoon salt, stirring occasionally, until golden, about 6 minutes.
- Add garlic and sauté, stirring, until fragrant, about 1 minute.
- Add zucchini and remaining 1/2 teaspoon salt and sauté, stirring occasionally, until just tender, about 5 minutes. Reduce heat to moderately low, then stir in coriander, chili powder, cumin, and pepper and cook, stirring frequently, 2 minutes. Gently stir zucchini mixture into couscous and cool to warm or room temperature. Just before serving, stir in mint and lemon juice.

Nutrition Facts



Properties

Glycemic Index:43.5, Glycemic Load:16.28, Inflammation Score:-6, Nutrition Score:9.9995652152144%

Flavonoids

Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg, Eriodictyol: 1.05mg Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg, Hesperetin: 0.83mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg, Apigenin: 0.16mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg, Quercetin: 6.36mg

Nutrients (% of daily need)

Calories: 230.08kcal (11.5%), Fat: 8.13g (12.5%), Saturated Fat: 1.24g (7.74%), Carbohydrates: 33.31g (11.1%), Net Carbohydrates: 29.55g (10.74%), Sugar: 4.2g (4.67%), Cholesterol: 0mg (0%), Sodium: 618.13mg (26.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.28g (14.55%), Vitamin C: 25mg (30.31%), Manganese: 0.57mg (28.41%), Fiber: 3.76g (15.06%), Vitamin B6: 0.28mg (14.01%), Potassium: 477.29mg (13.64%), Phosphorus: 130.52mg (13.05%), Vitamin B3: 2.58mg (12.92%), Magnesium: 42.98mg (10.75%), Folate: 43.01µg (10.75%), Copper: 0.2mg (10.12%), Vitamin B2: 0.17mg (10%), Vitamin K: 9.69µg (9.23%), Vitamin A: 423.51IU (8.47%), Vitamin E: 1.26mg (8.38%), Vitamin B1: 0.12mg (8.25%), Iron: 1.35mg (7.52%), Vitamin B5: 0.69mg (6.91%), Zinc: 0.82mg (5.45%), Calcium: 48.66mg (4.87%)