



HEALTH SCORE

80%

## Couscous with Spring Vegetables and Harissa Sauce



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



575 kcal

SIDE DISH

### Ingredients

- ☐ 6 baby carrots cut in half lengthwise
- ☐ 15 ounce chickpeas drained canned (garbanzo beans)
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 garlic cloves minced
- ☐ 0.1 teaspoon ground allspice
- ☐ 4 servings harissa sauce
- ☐ 2 cups leek coarsely chopped

- ☐ 1 tablespoon olive oil
- ☐ 5.8 ounce roasted-garlic-and-olive-oil plain (such as Near East)
- ☐ 0.5 cup pearl onions peeled halved
- ☐ 0.3 cup plum tomatoes finely chopped
- ☐ 0.5 cup radishes quartered
- ☐ 0.1 teaspoon salt
- ☐ 2 cups torn spinach
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup sugar snap peas trimmed
- ☐ 1 cup bell pepper yellow coarsely chopped

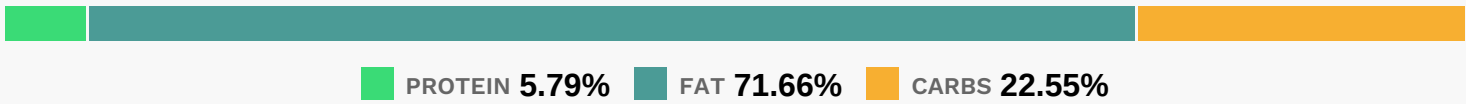
Equipment

- ☐ frying pan

Directions

- ☐ Prepare the couscous according to the package directions, omitting oil. Stir in tomato and allspice; keep warm.
- ☐ Heat oil in a large nonstick skillet over medium-high heat.
- ☐ Add leek and next 6 ingredients (leek through garlic); saut 8 minutes.
- ☐ Add spinach, parsley, sugar, salt, and chickpeas; saut 2 minutes. Spoon the vegetable mixture over the couscous mixture, and serve with Harissa Sauce.

Nutrition Facts



Properties

Glycemic Index:87.11, Glycemic Load:7.26, Inflammation Score:-10, Nutrition Score:30.023913217627%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 16.2mg, Apigenin: 16.2mg, Apigenin: 16.2mg

Apigenin: 16.2mg Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg, Luteolin: 0.63mg Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg, Isorhamnetin: 1.48mg Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg, Kaempferol: 2.6mg Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg, Myricetin: 1.42mg Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg, Quercetin: 7.2mg

Nutrients (% of daily need)

Calories: 574.51kcal (28.73%), Fat: 47.19g (72.61%), Saturated Fat: 6.46g (40.39%), Carbohydrates: 33.42g (11.14%), Net Carbohydrates: 24.8g (9.02%), Sugar: 6.78g (7.54%), Cholesterol: 0mg (0%), Sodium: 482.74mg (20.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.15%), Vitamin K: 252.92µg (240.87%), Vitamin C: 111.64mg (135.32%), Vitamin A: 5405.8IU (108.12%), Manganese: 1.47mg (73.33%), Vitamin E: 7.5mg (50%), Vitamin B6: 0.86mg (42.88%), Fiber: 8.62g (34.46%), Folate: 132.32µg (33.08%), Iron: 4.43mg (24.59%), Potassium: 674.29mg (19.27%), Magnesium: 76.44mg (19.11%), Copper: 0.37mg (18.25%), Phosphorus: 160.77mg (16.08%), Calcium: 126.48mg (12.65%), Vitamin B1: 0.16mg (10.82%), Zinc: 1.26mg (8.41%), Vitamin B5: 0.82mg (8.18%), Vitamin B2: 0.12mg (7.22%), Vitamin B3: 1.37mg (6.85%), Selenium: 3.76µg (5.37%)