



WHATSheATE



## Couscous with Sweet Potato Puree and Kale Chips



Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



607 kcal

SIDE DISH

### Ingredients

- ☐ 2 tablespoons butter
- ☐ 1 cup regular couscous
- ☐ 6 ounces kale trimmed roughly chopped
- ☐ 3 servings pepper black freshly ground
- ☐ 1 tablespoon lemon zest
- ☐ 4 tablespoons olive oil divided
- ☐ 1 pinch paprika smoked

- ☐ 2 sweet potatoes and into ends trimmed peeled chopped
- ☐ 1.8 cups vegetable broth low sodium homemade store-bought (or chicken broth)

## Equipment

- ☐ food processor
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ baking paper
- ☐ oven
- ☐ knife
- ☐ wire rack
- ☐ pot
- ☐ colander
- ☐ steamer basket

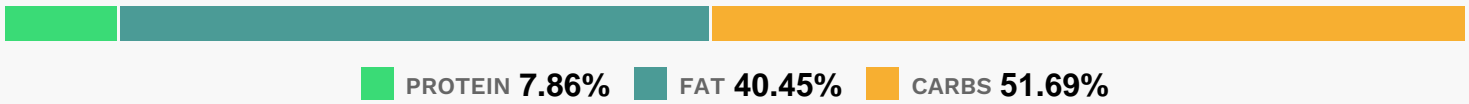
## Directions

- ☐ Adjust oven rack to center position and preheat to 300°F. Cover a large baking sheet with parchment paper. In a large bowl, toss together the kale, 1 tablespoon olive oil, and lemon zest. Season to taste with salt. Arrange kale on baking sheet and transfer to the oven. Cook for 10 minutes, then rotate the pan. Cook until crispy but not browned, 10 to 12 minutes longer. When done, transfer kale chips to a wire rack to cool.
- ☐ Meanwhile, heat two inches of water in a large pot with a steamer basket until boiling.
- ☐ Add sweet potato pieces to the basket and cover. Cook until pieces are tender and a knife can easily slip in the flesh, about 15 minutes.
- ☐ Transfer sweet potatoes to a food processor and puree until smooth. Stir in butter and season with salt.
- ☐ Heat 1 1/4 cups of broth in a medium-sized saucepan over high heat until boiling.

- ☐
- Add couscous, season with a pinch of salt, and reduce heat to a simmer. Cover, stirring occasionally, until couscous is tender but not mushy, 8 to 10 minutes.

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## Nutrition Facts



## Properties

Glycemic Index:84, Glycemic Load:41.88, Inflammation Score:-10, Nutrition Score:28.120869377385%

## Flavonoids

Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg, Isorhamnetin: 13.38mg Kaempferol: 26.55mg, Kaempferol: 26.55mg, Kaempferol: 26.55mg, Kaempferol: 26.55mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg, Quercetin: 12.82mg

## Nutrients (% of daily need)

Calories: 606.55kcal (30.33%), Fat: 27.57g (42.42%), Saturated Fat: 7.58g (47.36%), Carbohydrates: 79.27g (26.42%), Net Carbohydrates: 68.64g (24.96%), Sugar: 7.46g (8.29%), Cholesterol: 20.07mg (6.69%), Sodium: 179.37mg (7.8%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.05g (24.1%), Vitamin A: 27438.28IU (548.77%), Vitamin K: 236.16µg (224.91%), Vitamin C: 59.16mg (71.7%), Manganese: 1.23mg (61.25%), Fiber: 10.64g (42.55%), Vitamin E: 3.77mg (25.16%), Vitamin B6: 0.47mg (23.6%), Potassium: 814.23mg (23.26%), Calcium: 209.21mg (20.92%), Magnesium: 82.71mg (20.68%), Phosphorus: 202.58mg (20.26%), Copper: 0.4mg (20.19%), Vitamin B2: 0.34mg (20.13%), Vitamin B5: 1.99mg (19.92%), Vitamin B1: 0.28mg (18.49%), Vitamin B3: 3.54mg (17.72%), Folate: 63.85µg (15.96%), Iron: 2.64mg (14.69%), Zinc: 1.18mg (7.83%), Selenium: 1.55µg (2.21%)