



Couscous with Vegetables

 Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



99 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup spring onion chopped (4 medium)
- ☐ 1 garlic clove finely chopped
- ☐ 2 teaspoons butter
- ☐ 1.5 cups water
- ☐ 0.5 teaspoon chicken soup base reduced-sodium
- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon basil dried fresh chopped

- ☐ 0.3 teaspoon pepper
- ☐ 1 cup to 3 sized squashes yellow chopped
- ☐ 0.8 cup tomatoes chopped

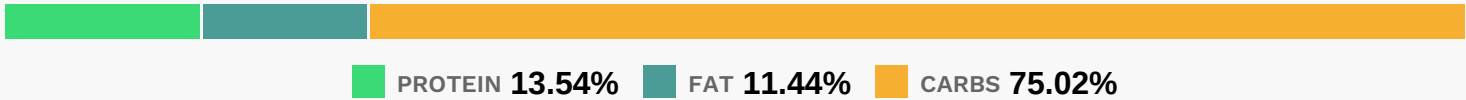
Equipment

- ☐ sauce pan

Directions

- ☐ Cook onions and garlic in butter in 2-quart saucepan, stirring frequently, until onions are tender.
- ☐ Stir in water and bouillon granules.
- ☐ Heat to boiling; remove from heat. Stir in remaining ingredients.
- ☐ Cover and let stand 5 minutes or until liquid is absorbed. Fluff lightly with fork.

Nutrition Facts



Properties

Glycemic Index:32.63, Glycemic Load:10.55, Inflammation Score:-4, Nutrition Score:6.0786957331812%

Flavonoids

Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg, Quercetin: 0.54mg

Nutrients (% of daily need)

Calories: 99.29kcal (4.96%), Fat: 1.26g (1.94%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 18.62g (6.21%), Net Carbohydrates: 16.84g (6.12%), Sugar: 0.83g (0.92%), Cholesterol: 0.02mg (0.01%), Sodium: 49.17mg (2.14%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.36g (6.72%), Vitamin K: 49.58µg (47.22%), Manganese: 0.28mg (14.12%), Vitamin C: 7.72mg (9.35%), Vitamin A: 392.91IU (7.86%), Fiber: 1.79g (7.15%), Iron: 0.96mg (5.34%), Phosphorus: 50.65mg (5.06%), Vitamin B3: 0.98mg (4.92%), Magnesium: 19.53mg (4.88%), Copper: 0.09mg (4.73%), Folate: 17.66µg (4.41%), Potassium: 144.29mg (4.12%), Vitamin B6: 0.08mg (4.09%), Vitamin B1: 0.05mg (3.5%), Vitamin B5: 0.32mg (3.23%), Vitamin B2: 0.05mg (3.07%), Calcium: 28.39mg (2.84%), Zinc: 0.33mg (2.17%),

Vitamin E: 0.22mg (1.49%)