



WHATSheATE



Couscous with Vegetarian Spaghetti Sauce



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



359 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



2 cups water



1.3 cups couscous uncooked



28 oz pasta sauce



15 oz garbanzo beans rinsed drained canned (Chickpeas)



0.1 teaspoon pepper red crushed



2 tablespoons parsley fresh chopped

Equipment

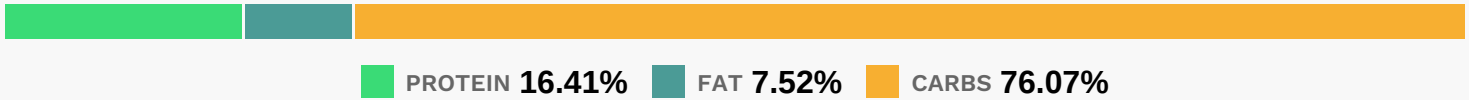


sauce pan

Directions

- ☐ In medium saucepan, bring water to a boil. Stir in couscous. Cover; remove from heat.
- ☐ Let stand 5 minutes or until liquid is absorbed.
- ☐ Meanwhile, in medium saucepan, combine spaghetti sauce, beans and red pepper flakes. Cook over medium heat for 5 to 7 minutes or until thoroughly heated, stirring occasionally.
- ☐ Fluff couscous with fork.
- ☐ Serve sauce mixture over couscous; sprinkle with parsley. If desired, sprinkle with shredded fresh Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:45.58, Glycemic Load:34.47, Inflammation Score:-8, Nutrition Score:20.61043478095%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 358.9kcal (17.95%), Fat: 3.06g (4.71%), Saturated Fat: 0.37g (2.31%), Carbohydrates: 69.69g (23.23%), Net Carbohydrates: 59.06g (21.48%), Sugar: 7.09g (7.87%), Cholesterol: 0mg (0%), Sodium: 1250.01mg (54.35%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.04g (30.08%), Manganese: 1.54mg (76.8%), Fiber: 10.63g (42.5%), Vitamin B6: 0.76mg (38.19%), Vitamin K: 38.42µg (36.59%), Copper: 0.56mg (27.79%), Potassium: 850.5mg (24.3%), Phosphorus: 238.01mg (23.8%), Iron: 3.97mg (22.06%), Magnesium: 86.12mg (21.53%), Vitamin A: 1062.23IU (21.24%), Vitamin B3: 4.15mg (20.75%), Vitamin C: 16.66mg (20.19%), Vitamin E: 2.9mg (19.31%), Vitamin B5: 1.66mg (16.56%), Folate: 59.03µg (14.76%), Vitamin B1: 0.18mg (11.83%), Vitamin B2: 0.19mg (11.32%), Zinc: 1.68mg (11.23%), Calcium: 85.35mg (8.53%), Selenium: 3.33µg (4.76%)