



Couscous with Winter Vegetables

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



258 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons butter
- ☐ 3 cups butternut squash peeled chopped
- ☐ 15 ounce chickpeas unsalted drained canned (garbanzo beans)
- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup flat-leaf parsley fresh coarsely chopped
- ☐ 1 jalapeno minced
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil

- ☐ 0.8 teaspoon salt
- ☐ 0.5 cup shallots chopped
- ☐ 0.3 cup vegetarian parmesan cheese grated
- ☐ 1.8 cups water boiling

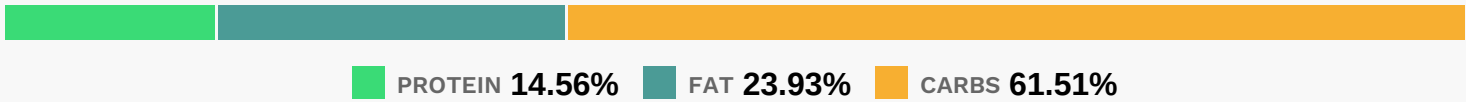
Equipment

- ☐ frying pan

Directions

- ☐ Heat butter and oil in a large straight-sided skillet over medium-high heat, stirring until butter melts.
- ☐ Add shallots; cook 3 minutes or until soft, stirring occasionally.
- ☐ Add jalapeo; cook 1 minute, stirring frequently.
- ☐ Add butternut squash; cook 8 minutes or until tender, stirring occasionally.
- ☐ Add chickpeas; cook 1 minute, stirring occasionally.
- ☐ Add couscous, and cook 1 minute, stirring constantly. Stir in 1 3/4 cups boiling water and salt; remove pan from heat. Cover and let stand 8 minutes. Fluff couscous mixture with a fork.
- ☐ Add fresh parsley and lemon juice; toss gently to combine. Top with Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:32.72, Glycemic Load:13.56, Inflammation Score:-10, Nutrition Score:17.742608706912%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg, Myricetin: 0.28mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 257.58kcal (12.88%), Fat: 7.01g (10.78%), Saturated Fat: 2.74g (17.13%), Carbohydrates: 40.53g (13.51%), Net Carbohydrates: 33.77g (12.28%), Sugar: 5.08g (5.64%), Cholesterol: 9.65mg (3.22%), Sodium: 304.1mg (13.22%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.6g (19.19%), Vitamin A: 5884.6IU (117.69%), Manganese: 0.87mg (43.59%), Vitamin K: 35.25µg (33.57%), Folate: 119.35µg (29.84%), Fiber: 6.77g (27.07%), Vitamin C: 18.92mg (22.93%), Phosphorus: 176.63mg (17.66%), Copper: 0.31mg (15.25%), Magnesium: 59.38mg (14.84%), Iron: 2.48mg (13.76%), Potassium: 447.13mg (12.78%), Vitamin B6: 0.24mg (12.16%), Vitamin B1: 0.16mg (10.86%), Calcium: 104.47mg (10.45%), Vitamin E: 1.37mg (9.14%), Vitamin B3: 1.75mg (8.77%), Zinc: 1.25mg (8.33%), Vitamin B5: 0.71mg (7.1%), Vitamin B2: 0.08mg (4.65%), Selenium: 3.16µg (4.51%)