



## Creamy Couscous Pudding

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

DESSERT

### Ingredients

- ☐ 0.3 cup brown sugar packed
- ☐ 0.5 cup couscous uncooked
- ☐ 1 large eggs
- ☐ 3 cups milk fat-free
- ☐ 4 teaspoons maple syrup
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon vanilla extract
- ☐ 0.7 cup water

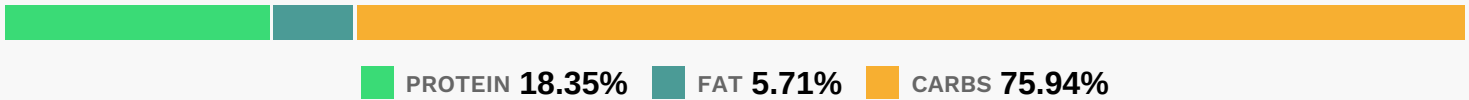
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

# Directions

- ☐ Bring 2/3 cup water to a boil; stir in couscous and salt.
- ☐ Remove from heat; cover and let stand 5 minutes.
- ☐ Add milk and sugar; bring to a boil. Reduce heat to medium-low; stir until mixture is slightly thick.
- ☐ Transfer to a bowl; whisk in egg. Return to saucepan; cook, stirring frequently, until creamy (about 5 minutes).
- ☐ Transfer to a clean bowl, and stir in vanilla.
- ☐ Let pudding cool to room temperature, stirring occasionally. Spoon into 4 bowls, and chill, loosely covered, for at least 1 hour.
- ☐ Drizzle with maple syrup before serving.

# Nutrition Facts



# Properties

Glycemic Index:33.69, Glycemic Load:14.89, Inflammation Score:-4, Nutrition Score:9.8952176120618%

# Nutrients (% of daily need)

Calories: 234.25kcal (11.71%), Fat: 1.47g (2.27%), Saturated Fat: 0.51g (3.17%), Carbohydrates: 44.09g (14.7%), Net Carbohydrates: 43.01g (15.64%), Sugar: 26.92g (29.91%), Cholesterol: 52.01mg (17.34%), Sodium: 247.09mg (10.74%), Alcohol: 0.17g (100%), Alcohol %: 0.08% (100%), Protein: 10.65g (21.31%), Calcium: 275.11mg (27.51%), Phosphorus: 258.7mg (25.87%), Vitamin B2: 0.4mg (23.77%), Vitamin B12: 1.18µg (19.62%), Manganese: 0.35mg (17.45%), Vitamin D: 2.27µg (15.14%), Vitamin B5: 1.13mg (11.35%), Potassium: 394.82mg (11.28%), Selenium: 7.68µg (10.97%), Vitamin B1: 0.15mg (9.85%), Magnesium: 36.23mg (9.06%), Vitamin A: 442.35IU (8.85%), Zinc: 1.23mg (8.17%), Vitamin B6: 0.16mg (7.87%), Vitamin B3: 1mg (5.02%), Fiber: 1.08g (4.32%), Copper: 0.08mg (3.97%), Folate: 14.01µg (3.5%), Iron: 0.56mg (3.11%)