



Curried Coconut Couscous



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



205 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.5 cup lite coconut milk canned reduced-fat (not cream of coconut)
- ☐ 1 teaspoon curry powder
- ☐ 2 cloves garlic finely chopped
- ☐ 1 teaspoon ginger grated
- ☐ 0.3 cup golden raisins
- ☐ 1 Dash ground pepper red (cayenne)
- ☐ 2 teaspoons olive oil
- ☐ 0.5 cup onion thinly sliced

- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup vegetable stock
- ☐ 1 cup couscous whole wheat uncooked

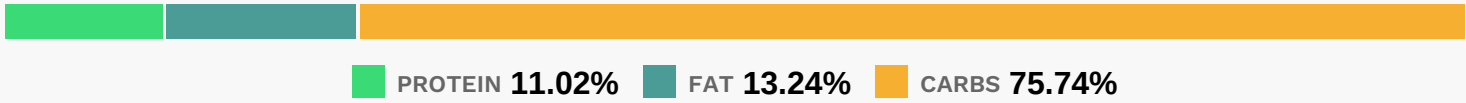
Equipment

- ☐ sauce pan

Directions

- ☐ In 2-quart saucepan, heat oil over medium heat.
- ☐ Add onion, garlic and gingerroot; cook 1 minute, stirring constantly.
- ☐ Stir in broth, coconut milk, curry powder, salt and red pepper.
- ☐ Heat to boiling. Stir in couscous and raisins.
- ☐ Remove from heat. Cover; let stand 5 minutes. Uncover; fluff with fork.

Nutrition Facts



Properties

Glycemic Index:35.11, Glycemic Load:4, Inflammation Score:-1, Nutrition Score:2.3213043679362%

Flavonoids

Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg, Quercetin: 2.92mg

Nutrients (% of daily need)

Calories: 204.97kcal (10.25%), Fat: 3.24g (4.98%), Saturated Fat: 1.32g (8.26%), Carbohydrates: 41.69g (13.9%), Net Carbohydrates: 37.54g (13.65%), Sugar: 6.3g (7%), Cholesterol: 0mg (0%), Sodium: 230.2mg (10.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.07g (12.13%), Fiber: 4.15g (16.6%), Iron: 1.55mg (8.59%), Manganese: 0.07mg (3.72%), Vitamin B6: 0.06mg (2.96%), Potassium: 90.47mg (2.58%), Calcium: 24.69mg (2.47%), Copper: 0.04mg (2.05%), Vitamin C: 1.62mg (1.97%), Vitamin E: 0.28mg (1.9%), Phosphorus: 15.99mg (1.6%), Vitamin A: 73.15IU (1.46%), Vitamin K: 1.5µg (1.43%), Magnesium: 5.42mg (1.36%), Vitamin B2: 0.02mg (1.25%)