



Curried Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



242 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.7 cup couscous uncooked
- ☐ 0.3 teaspoon curry powder
- ☐ 1.3 cups less-sodium chicken broth fat-free
- ☐ 0.1 teaspoon ground allspice
- ☐ 1 teaspoon stick margarine

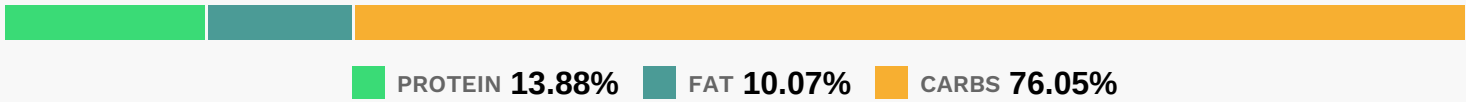
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in a medium saucepan over medium heat.
- ☐ Add curry and allspice; cook 1 minute, stirring constantly.
- ☐ Add broth; bring to a boil. Stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:42.5, Glycemic Load:27.16, Inflammation Score:-2, Nutrition Score:5.8291305287377%

Nutrients (% of daily need)

Calories: 241.74kcal (12.09%), Fat: 2.66g (4.09%), Saturated Fat: 0.49g (3.05%), Carbohydrates: 45.12g (15.04%), Net Carbohydrates: 42.13g (15.32%), Sugar: 0.23g (0.26%), Cholesterol: 0mg (0%), Sodium: 648.19mg (28.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.24g (16.47%), Manganese: 0.48mg (24.04%), Vitamin B3: 2.87mg (14.35%), Fiber: 2.99g (11.97%), Phosphorus: 116.26mg (11.63%), Vitamin B5: 0.9mg (9%), Copper: 0.17mg (8.7%), Vitamin B1: 0.11mg (7.04%), Magnesium: 27.76mg (6.94%), Iron: 0.92mg (5.1%), Vitamin B12: 0.31µg (5.09%), Selenium: 3.38µg (4.82%), Vitamin B2: 0.08mg (4.61%), Vitamin B6: 0.09mg (4.4%), Potassium: 147.32mg (4.21%), Zinc: 0.52mg (3.47%), Folate: 13.5µg (3.38%), Calcium: 22.65mg (2.27%), Vitamin A: 91.29IU (1.83%)