



Curried Couscous, Spinach, and Roasted Tomato Soup

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



234 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounce baby spinach fresh
- ☐ 1 teaspoon butter
- ☐ 1.5 teaspoons curry powder
- ☐ 1 garlic clove minced
- ☐ 0.5 cup israeli couscous uncooked toasted
- ☐ 1 teaspoon olive oil
- ☐ 1 cup onion finely chopped

- ☐ 4 plum tomatoes cut into 8 wedges (3/4 pound)
- ☐ 0.3 teaspoon salt
- ☐ 4.5 cups rich turkey stock

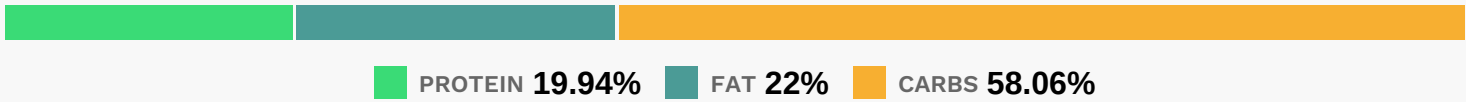
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 45
- ☐ Combine tomato wedges and oil on a baking sheet lined with foil, tossing well to coat.
- ☐ Bake at 450 for 15 minutes or until tender and lightly browned.
- ☐ Melt butter in a large saucepan over medium-high heat.
- ☐ Add onion, and saut 3 minutes.
- ☐ Add couscous, curry, salt, and garlic; saut for 3 minutes.
- ☐ Add tomato wedges and stock, and bring to a boil. Reduce heat, and simmer 7 minutes or until the couscous is almost tender. Stir in spinach, and cook for 2 minutes or just until spinach wilts.

Nutrition Facts



Properties

Glycemic Index:61.75, Glycemic Load:11.8, Inflammation Score:-10, Nutrition Score:21.960869376102%

Flavonoids

Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg, Kaempferol: 3.03mg Myricetin:

0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg, Quercetin: 10.18mg

Nutrients (% of daily need)

Calories: 234.49kcal (11.72%), Fat: 5.78g (8.89%), Saturated Fat: 1.74g (10.86%), Carbohydrates: 34.32g (11.44%), Net Carbohydrates: 30.63g (11.14%), Sugar: 7.74g (8.6%), Cholesterol: 10.67mg (3.56%), Sodium: 574.96mg (25%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.79g (23.58%), Vitamin K: 212.43µg (202.32%), Vitamin A: 4551.45IU (91.03%), Manganese: 0.72mg (35.78%), Folate: 118.2µg (29.55%), Vitamin C: 24.26mg (29.4%), Vitamin B3: 5.71mg (28.53%), Potassium: 772.5mg (22.07%), Vitamin B2: 0.35mg (20.54%), Vitamin B6: 0.38mg (19.22%), Magnesium: 66.59mg (16.65%), Phosphorus: 159.58mg (15.96%), Copper: 0.31mg (15.62%), Fiber: 3.69g (14.77%), Vitamin B1: 0.21mg (13.73%), Iron: 2.44mg (13.53%), Vitamin E: 1.62mg (10.83%), Selenium: 6.73µg (9.61%), Calcium: 75.96mg (7.6%), Zinc: 0.99mg (6.6%), Vitamin B5: 0.4mg (4.04%)