



Curried Couscous with Broccoli and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon bottled ginger fresh minced
- ☐ 1.5 cups broccoli florets
- ☐ 15 ounce garbanzo beans drained and rinsed canned (garbanzo beans)
- ☐ 0.3 cup carrots shredded
- ☐ 1 cup couscous uncooked
- ☐ 1.5 teaspoons curry powder
- ☐ 3 ounces feta cheese crumbled
- ☐ 1.5 tablespoons olive oil

- ☐ 0.3 cup raisins
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.3 cup roasted cashews chopped
- ☐ 0.8 teaspoon salt
- ☐ 1 tablespoon sugar
- ☐ 1.8 cups water
- ☐ 2 tablespoons citrus champagne vinegar

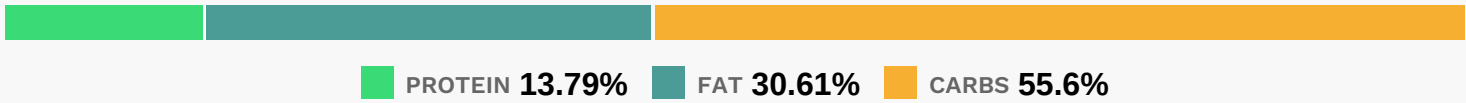
Equipment

- ☐ sauce pan

Directions

- ☐ Bring 1 3/4 cups water to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ While couscous stands, steam broccoli florets, covered, for 3 minutes or until tender.
- ☐ Combine couscous, broccoli, onion, and next 10 ingredients (onion through chickpeas), tossing gently.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:77.41, Glycemic Load:25.3, Inflammation Score:-9, Nutrition Score:18.445217430592%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg, Kaempferol: 2.26mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg, Quercetin: 4.16mg

Nutrients (% of daily need)

Calories: 380.23kcal (19.01%), Fat: 13.19g (20.29%), Saturated Fat: 3.75g (23.45%), Carbohydrates: 53.91g (17.97%), Net Carbohydrates: 46.3g (16.84%), Sugar: 4.32g (4.8%), Cholesterol: 15.14mg (5.05%), Sodium: 806.46mg (35.06%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.37g (26.73%), Manganese: 1.17mg (58.41%), Vitamin A: 1686.43IU (33.73%), Vitamin K: 34.85µg (33.19%), Vitamin C: 26.66mg (32.32%), Vitamin B6: 0.63mg (31.54%), Fiber: 7.61g (30.44%), Phosphorus: 251.74mg (25.17%), Copper: 0.44mg (21.99%), Magnesium: 72.79mg (18.2%), Folate: 61.46µg (15.37%), Calcium: 152.52mg (15.25%), Vitamin B2: 0.25mg (14.93%), Iron: 2.63mg (14.59%), Zinc: 1.96mg (13.06%), Potassium: 441.81mg (12.62%), Vitamin B5: 1.14mg (11.37%), Vitamin B1: 0.17mg (11.05%), Vitamin B3: 1.97mg (9.84%), Selenium: 5.99µg (8.56%), Vitamin E: 1.11mg (7.37%), Vitamin B12: 0.29µg (4.79%)