



Curried Couscous with Pine Nuts and Currants



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



318 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 1 cup couscous uncooked
- ☐ 1.5 teaspoons curry powder
- ☐ 0.3 cup currants dried
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.5 teaspoon ginger fresh grated peeled
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 cup peas green frozen thawed
- ☐ 0.3 cup pinenuts toasted
- ☐ 0.5 cup bell pepper red finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup vegetable broth
- ☐ 1.5 cups water

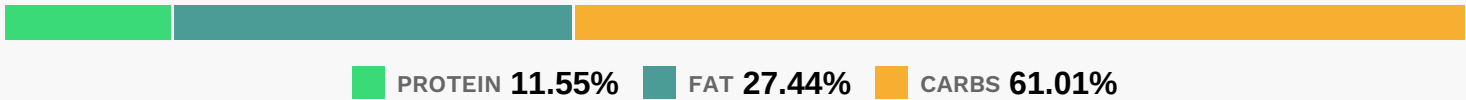
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine first 6 ingredients, stirring well with a whisk.
- ☐ Bring 1 1/2 cups water to a boil in a medium saucepan; gradually stir in couscous, currants, and curry.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Combine couscous mixture, peas, bell pepper, pine nuts, and onions in a large bowl.
- ☐ Add broth mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:73.83, Glycemic Load:23.83, Inflammation Score:-8, Nutrition Score:15.664782529292%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 317.83kcal (15.89%), Fat: 9.91g (15.24%), Saturated Fat: 1.01g (6.34%), Carbohydrates: 49.55g (16.52%), Net Carbohydrates: 43.77g (15.92%), Sugar: 9.23g (10.26%), Cholesterol: 0mg (0%), Sodium: 366.37mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.38g (18.76%), Manganese: 1.34mg (67.2%), Vitamin C: 43.01mg (52.13%), Vitamin K: 30.64µg (29.18%), Fiber: 5.78g (23.13%), Vitamin A: 971.26IU (19.43%), Phosphorus: 180.66mg (18.07%), Copper: 0.34mg (17.02%), Magnesium: 62.36mg (15.59%), Vitamin B1: 0.23mg (15.29%), Vitamin B3: 3.03mg (15.17%), Folate: 51.24µg (12.81%), Vitamin E: 1.85mg (12.36%), Iron: 2.07mg (11.48%), Vitamin B6: 0.21mg (10.7%), Potassium: 358.36mg (10.24%), Zinc: 1.5mg (10.02%), Vitamin B2: 0.14mg (8.1%), Vitamin B5: 0.68mg (6.81%), Calcium: 41.74mg (4.17%), Selenium: 0.97µg (1.39%)