



## Curried Couscous with Walnuts

 Vegetarian  Dairy Free

READY IN



8 min.

SERVINGS



4

CALORIES



310 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

### Ingredients

- 10 ounce couscous
- 0.5 teaspoon curry powder
- 0.5 cup green onions sliced
- 2 tablespoons walnuts
- 0.3 cup water
- 14.3 ounce can fat-free reduced-sodium canned

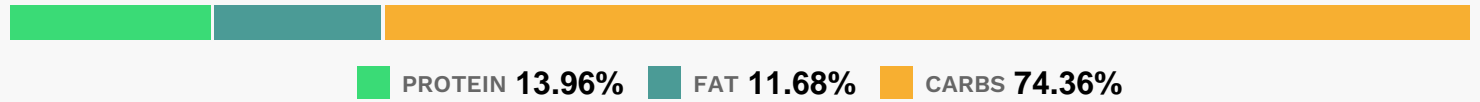
### Equipment

- sauce pan

## Directions

- Combine 1 (14 1/4-ounce) can fat-free, reduced-sodium chicken broth, 1/4 cup water, and 1/2 teaspoon curry powder in a medium saucepan; bring to a boil. Stir in 1 (10-ounce) package couscous; cover, remove from heat, and let stand 5 minutes. Stir in 2 tablespoons chopped walnuts and 1/2 cup sliced green onions; fluff couscous with a fork.

## Nutrition Facts



## Properties

Glycemic Index:30.5, Glycemic Load:33.63, Inflammation Score:-3, Nutrition Score:8.9960868812126%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

## Nutrients (% of daily need)

Calories: 310.06kcal (15.5%), Fat: 3.98g (6.13%), Saturated Fat: 0.41g (2.58%), Carbohydrates: 57.07g (19.02%), Net Carbohydrates: 52.78g (19.19%), Sugar: 0.86g (0.96%), Cholesterol: 2.02mg (0.67%), Sodium: 384.75mg (16.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.71g (21.42%), Manganese: 0.8mg (40.03%), Vitamin K: 26.26µg (25.01%), Fiber: 4.29g (17.15%), Phosphorus: 147.32mg (14.73%), Copper: 0.28mg (14.22%), Vitamin B3: 2.83mg (14.12%), Magnesium: 43.38mg (10.84%), Vitamin B1: 0.16mg (10.75%), Vitamin B5: 0.93mg (9.28%), Vitamin B2: 0.13mg (7.83%), Iron: 1.24mg (6.89%), Folate: 27.46µg (6.86%), Zinc: 0.87mg (5.83%), Vitamin B6: 0.12mg (5.77%), Potassium: 196.24mg (5.61%), Calcium: 36.59mg (3.66%), Vitamin C: 2.44mg (2.96%), Vitamin A: 130.11IU (2.6%), Vitamin E: 0.2mg (1.33%), Selenium: 0.77µg (1.1%)