Curried Currant Couscous Pilaf

Dairy Free

READY IN	SERVINGS	CALORIES
45 min.	4	236 kcal

SIDE DISH | ANTIPASTI | STARTER | SNACK

Ingredients

- [ ] 1 cup couscous uncooked
- [ ] 0.3 teaspoon curry powder
- [ ] 0.3 cup currants dried
- [ ] 1 tablespoon flat-leaf parsley fresh chopped
- [ ] 1.3 cups lower-sodium chicken broth fat-free
- [ ] 1 tablespoon olive oil
- [ ] 0.3 teaspoon salt
- [ ] 0.3 cup shallots finely chopped

Equipment

- [ ] frying pan
- [ ] sauce pan

Directions

- [ ] Heat a small saucepan over medium-high heat.
- [ ] Add oil to pan, swirling to coat.
- [ ] Add shallots and curry powder; saut 2 minutes or until tender. Stir in couscous; saut 1 minute.
- [ ] Add broth, currants, and salt; bring to a boil. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork. Stir in parsley.

Nutrition Facts

PROTEIN **12.67%** FAT **14.59%** CARBS **72.74%**

Properties

Glycemic Index:39.25, Glycemic Load:22.61, Inflammation Score:-2, Nutrition Score:6.0799999755362%

Flavonoids

Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 235.76kcal (11.79%), Fat: 3.84g (5.9%), Saturated Fat: 0.55g (3.42%), Carbohydrates: 43.04g (14.35%), Net Carbohydrates: 39.93g (14.52%), Sugar: 6.78g (7.54%), Cholesterol: 0mg (0%), Sodium: 293.5mg (12.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (14.99%), Manganese: 0.43mg (21.5%), Vitamin K: 19.05µg (18.14%), Fiber: 3.11g (12.42%), Potassium: 348.65mg (9.96%), Phosphorus: 92.32mg (9.23%), Vitamin B3: 1.7mg (8.51%), Copper: 0.15mg (7.46%), Magnesium: 26.2mg (6.55%), Vitamin B6: 0.13mg (6.38%), Vitamin B1: 0.09mg (6.33%), Vitamin B5: 0.59mg (5.89%), Iron: 0.93mg (5.19%), Folate: 16.29µg (4.07%), Vitamin E: 0.55mg (3.7%), Vitamin C: 2.95mg (3.58%), Zinc: 0.47mg (3.12%), Vitamin B2: 0.05mg (2.99%), Calcium: 25.87mg (2.59%), Vitamin A: 92.63IU (1.85%)