



Curry Fried “Couscous” Rice



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



710 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 Teaspoon pepper black
- ☐ 1.5 cups lundberg mediterranean curry roasted brown rice couscous leftover
- ☐ 1 cup meat from a rotisserie chicken leftover chopped (for vegan / vegetarian)
- ☐ 2 Teaspoons coconut oil canned (you can sub dairy-free margarine or the cooking oil)
- ☐ 0.5 bell pepper diced red
- ☐ 0.1 Teaspoon salt to taste
- ☐ 2 shallots thinly sliced quartered

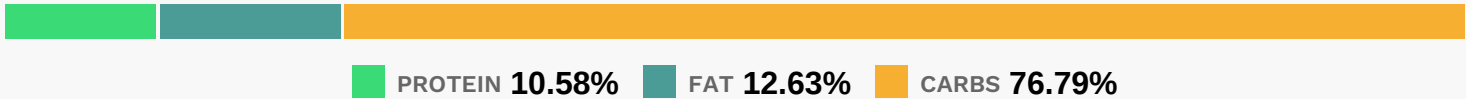
Equipment

☐ frying pan

Directions

- ☐ Heat the oil in a frying pan over medium-high heat.
- ☐ Add the onions or shallots and sauté for 3 to 5 minutes.
- ☐ Add the diced bell pepper and sauté for another 3 minutes.
- ☐ Add the couscous and stir-fry the rice, breaking it up and stirring it as it cooks, for about 3 to 5 minutes, or until its fried to your liking.
- ☐ Add the chicken or chickpeas and seasonings to taste, and cook for another 2 minutes to warm everything.

Nutrition Facts



Properties

Glycemic Index:100.25, Glycemic Load:66.52, Inflammation Score:-9, Nutrition Score:30.058695502903%

Flavonoids

Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 709.7kcal (35.48%), Fat: 10.03g (15.42%), Saturated Fat: 4.31g (26.92%), Carbohydrates: 137.13g (45.71%), Net Carbohydrates: 124.6g (45.31%), Sugar: 7.15g (7.95%), Cholesterol: 0mg (0%), Sodium: 161mg (7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.89g (37.77%), Manganese: 6.3mg (315.05%), Magnesium: 252.17mg (63.04%), Phosphorus: 536.89mg (53.69%), Vitamin B6: 1.01mg (50.62%), Fiber: 12.53g (50.13%), Vitamin C: 41.15mg (49.87%), Folate: 191.75µg (47.94%), Vitamin B1: 0.71mg (47.66%), Copper: 0.71mg (35.61%), Vitamin B3: 6.91mg (34.56%), Iron: 5.38mg (29.88%), Zinc: 4.31mg (28.73%), Vitamin B5: 2.53mg (25.31%), Potassium: 768.48mg (21.96%), Vitamin A: 955.3IU (19.11%), Calcium: 99.22mg (9.92%), Vitamin B2: 0.14mg (8.44%), Vitamin E: 0.77mg (5.15%), Vitamin K: 5.17µg (4.92%), Selenium: 3.37µg (4.81%)