



Curry Sausage Couscous

 Dairy Free

READY IN



27 min.

SERVINGS



4

CALORIES



692 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 pound sausage meat
- 0.5 cup onion chopped
- 0.3 cup pistachios chopped
- 0.5 teaspoon curry powder
- 1 garlic clove finely chopped
- 2.3 cups water
- 2 tablespoons butter
- 1 tablespoon parsley fresh chopped

- 0.3 teaspoon salt
- 1.5 cups couscous uncooked

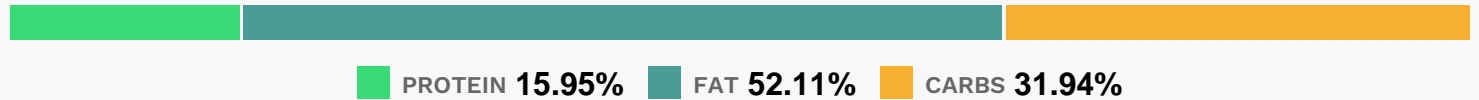
Equipment

- frying pan

Directions

- Cook pork, onion, nuts, curry powder and garlic in 10-inch skillet over medium heat, stirring occasionally, until pork is no longer pink; drain.
- Stir in water, butter, parsley and salt; heat to boiling. Stir in couscous; remove from heat. Cover and let stand about 5 minutes or until liquid is absorbed. Fluff with fork.

Nutrition Facts



Properties

Glycemic Index:51.25, Glycemic Load:31.28, Inflammation Score:-5, Nutrition Score:16.012608688811%

Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg, Quercetin: 4.19mg

Nutrients (% of daily need)

Calories: 692.48kcal (34.62%), Fat: 39.69g (61.06%), Saturated Fat: 11.66g (72.89%), Carbohydrates: 54.74g (18.25%), Net Carbohydrates: 50.23g (18.26%), Sugar: 1.46g (1.62%), Cholesterol: 81.65mg (27.22%), Sodium: 947.4mg (41.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.34g (54.68%), Vitamin B3: 7.75mg (38.75%), Vitamin B1: 0.5mg (33.16%), Manganese: 0.65mg (32.75%), Phosphorus: 311.05mg (31.11%), Vitamin B6: 0.59mg (29.34%), Zinc: 3.25mg (21.64%), Copper: 0.37mg (18.5%), Fiber: 4.51g (18.03%), Vitamin B5: 1.65mg (16.46%), Vitamin K: 17.2µg (16.38%), Vitamin B12: 0.97µg (16.18%), Magnesium: 58.59mg (14.65%), Potassium:

512.29mg (14.64%), Iron: 2.45mg (13.63%), Vitamin B2: 0.21mg (12.46%), Vitamin D: 1.47µg (9.83%), Vitamin A: 454.51IU (9.09%), Folate: 23.83µg (5.96%), Vitamin C: 4.31mg (5.23%), Calcium: 48.56mg (4.86%), Vitamin E: 0.68mg (4.51%), Selenium: 0.79µg (1.13%)