

Easy Curry Couscous



Vegetarian



Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



339 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 3 cups chicken stock see
- ☐ 1 bunch cilantro leaves chopped
- ☐ 1.5 cups couscous
- ☐ 1 tablespoon curry powder
- ☐ 1 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup raisins
- ☐ 2 teaspoons salt

☐ 0.5 cup slivered almonds toasted

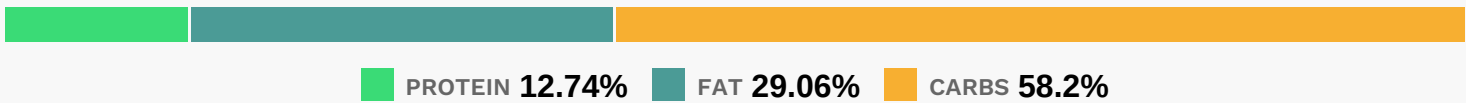
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Pour couscous into a bowl.
- ☐ Mix chicken stock, curry powder, salt, pepper, olive oil, and raisins in a saucepan and bring to a boil; remove from heat.
- ☐ Pour the boiling liquid over the couscous. Seal the bowl with plastic wrap and allow to sit for 10 minutes. Fluff couscous with a fork. Top with cilantro and almonds.

Nutrition Facts



Properties

Glycemic Index:33.8, Glycemic Load:25.59, Inflammation Score:-3, Nutrition Score:10.123478324517%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 339.34kcal (16.97%), Fat: 11.1g (17.07%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 49.99g (16.66%), Net Carbohydrates: 45.43g (16.52%), Sugar: 2.33g (2.59%), Cholesterol: 3.6mg (1.2%), Sodium: 955.85mg (41.56%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.94g (21.89%), Manganese: 0.67mg (33.42%), Vitamin E: 3.27mg (21.79%), Vitamin B3: 3.92mg (19.6%), Fiber: 4.56g (18.25%), Phosphorus: 162.93mg (16.29%), Copper:

0.32mg (15.85%), Vitamin B2: 0.27mg (15.64%), Magnesium: 55.23mg (13.81%), Potassium: 390.47mg (11.16%),
Vitamin B1: 0.15mg (9.88%), Iron: 1.75mg (9.73%), Vitamin B6: 0.17mg (8.51%), Vitamin K: 8.73µg (8.31%), Vitamin B5:
0.6mg (5.98%), Zinc: 0.88mg (5.88%), Folate: 21.4µg (5.35%), Calcium: 49.25mg (4.93%), Selenium: 3.28µg (4.69%),
Vitamin A: 105.35IU (2.11%), Vitamin C: 1.37mg (1.66%)