



Edamame Couscous

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



169 kcal

SIDE DISH

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 0.8 cup couscous uncooked
- 1 cup edamame frozen shelled thawed
- 1.5 tablespoons parsley fresh minced
- 1 tablespoon juice of lemon fresh
- 0.5 teaspoon lemon rind grated
- 0.5 teaspoon salt

Equipment

- sauce pan
- aluminum foil

Directions

- Bring 1 cup of water and salt to a boil in a medium saucepan.
- Add the edamame, and cook 30 seconds. Stir in the couscous and the remaining ingredients.
- Remove the mixture from the heat, cover it tightly with a lid or aluminum foil, and let it stand for 5 minutes. Fluff with a fork before serving.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:15.29, Inflammation Score:-2, Nutrition Score:4.8291304686471%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg, Apigenin: 3.23mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 168.6kcal (8.43%), Fat: 1.47g (2.26%), Saturated Fat: 0.04g (0.26%), Carbohydrates: 30.55g (10.18%), Net Carbohydrates: 27.33g (9.94%), Sugar: 1.12g (1.24%), Cholesterol: 0mg (0%), Sodium: 294.83mg (12.82%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.71g (15.41%), Vitamin K: 24.7µg (23.53%), Manganese: 0.26mg (13.23%), Fiber: 3.22g (12.89%), Iron: 1.46mg (8.09%), Potassium: 234.31mg (6.69%), Vitamin B3: 1.16mg (5.78%), Phosphorus: 56.44mg (5.64%), Vitamin C: 3.77mg (4.57%), Copper: 0.08mg (4.21%), Vitamin B5: 0.42mg (4.16%), Calcium: 41.37mg (4.14%), Magnesium: 15.4mg (3.85%), Vitamin B1: 0.06mg (3.69%), Vitamin A: 127.05IU (2.54%), Folate: 9.56µg (2.39%), Vitamin B6: 0.04mg (1.97%), Zinc: 0.29mg (1.93%), Vitamin B2: 0.03mg (1.63%)