



Festive Couscous



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



374 kcal

SIDE DISH

Ingredients

- 3 cups couscous
- 6 servings cilantro leaves fresh chopped
- 0.5 cup golden raisins
- 0.3 teaspoon ground cinnamon
- 2 teaspoons kosher salt
- 0.5 teaspoon paprika
- 0.5 cup pomegranate seeds divided
- 3.3 cups water boiling

Equipment

- bowl
- plastic wrap

Directions

- Put couscous into a heatproof bowl. Stir in raisins, kosher salt, 1/2 teaspoon each paprika, ground cumin, and ground coriander, and 1/4 teaspoon ground cinnamon.
- Pour boiling water over couscous, and cover bowl with plastic wrap; let sit 1015 minutes or until water is absorbed. Fluff couscous with a fork; transfer to a serving dish.
- Mix 1/4 cup pomegranate seeds into couscous and scatter remaining 1/4 cup on top.
- Sprinkle with chopped fresh cilantro, and serve.

Nutrition Facts



Properties

Glycemic Index:37.61, Glycemic Load:47.24, Inflammation Score:-2, Nutrition Score:8.203912946841%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg, Epigallocatechin: 0.02mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 373.8kcal (18.69%), Fat: 0.8g (1.23%), Saturated Fat: 0.14g (0.86%), Carbohydrates: 79.3g (26.43%), Net Carbohydrates: 73.83g (26.85%), Sugar: 9.03g (10.03%), Cholesterol: 0mg (0%), Sodium: 792.35mg (34.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.7g (23.4%), Manganese: 0.75mg (37.42%), Fiber: 5.47g (21.89%), Phosphorus: 166.65mg (16.66%), Vitamin B3: 3.2mg (16.01%), Copper: 0.3mg (15.14%), Magnesium: 45.89mg (11.47%), Vitamin B5: 1.14mg (11.45%), Vitamin B1: 0.15mg (10.11%), Potassium: 269.14mg (7.69%), Vitamin B6: 0.14mg (7.24%), Iron: 1.23mg (6.86%), Vitamin B2: 0.1mg (5.79%), Folate: 22.92µg (5.73%), Zinc: 0.83mg (5.53%), Calcium: 35.04mg (3.5%), Vitamin K: 3µg (2.86%), Vitamin C: 1.85mg (2.24%)