



Carrot and Almond Couscous



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



346 kcal

SIDE DISH

Ingredients

- 1 large carrots grated
- 4 tablespoons cilantro leaves roughly chopped
- 1 cup couscous
- 0.5 cup apricot dried roughly chopped
- 0.5 teaspoon ground cumin
- 0.5 teaspoon ground ginger
- 1 lemon zest grated juiced
- 2 tablespoons olive oil

- 1 orange zest juiced
- 0.5 teaspoon paprika
- 2 tablespoons parsley roughly chopped
- 0.5 teaspoon salt
- 6 servings pepper black freshly ground
- 1.5 cups slivered almonds
- 2 cups vegetable stock

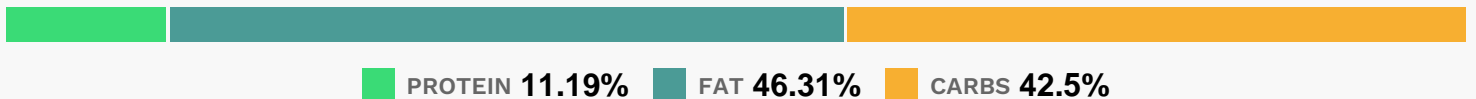
Equipment

- bowl
- plastic wrap

Directions

- Place the couscous in a large heatproof bowl and stir in the salt, cumin, ginger and paprika.
- Bring the vegetable stock to a simmer over medium heat then pour over the couscous. Cover bowl with a large plate or plastic wrap and leave for 10 minutes or until it has absorbed all the stock. Fluff up the couscous with a fork.
- Stir in the parsley, cilantro, carrots, apricots, almonds. Stir in the olive oil and grated lemon and orange zest and juice to add zing. Season with salt and pepper, to taste.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:52.71, Glycemic Load:16.69, Inflammation Score:-9, Nutrition Score:16.685652152352%

Flavonoids

Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg, Cyanidin: 0.66mg Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg, Epigallocatechin: 0.7mg Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg, Epicatechin: 0.16mg Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Naringenin: 0.12mg, Naringenin:

0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg, Isorhamnetin: 0.71mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 345.8kcal (17.29%), Fat: 18.5g (28.46%), Saturated Fat: 1.72g (10.77%), Carbohydrates: 38.19g (12.73%), Net Carbohydrates: 31.76g (11.55%), Sugar: 8.28g (9.2%), Cholesterol: 0mg (0%), Sodium: 521.18mg (22.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.05g (20.1%), Vitamin A: 2786.29IU (55.73%), Vitamin E: 8.21mg (54.74%), Manganese: 0.96mg (48.23%), Vitamin K: 27.73µg (26.41%), Fiber: 6.44g (25.75%), Magnesium: 93.26mg (23.31%), Vitamin B2: 0.35mg (20.74%), Copper: 0.4mg (20.11%), Phosphorus: 194.01mg (19.4%), Potassium: 434.85mg (12.42%), Vitamin B3: 2.47mg (12.33%), Iron: 1.97mg (10.92%), Calcium: 98.78mg (9.88%), Vitamin C: 6.69mg (8.11%), Zinc: 1.2mg (7.99%), Vitamin B1: 0.12mg (7.87%), Folate: 24.07µg (6.02%), Vitamin B5: 0.6mg (6%), Vitamin B6: 0.11mg (5.66%), Selenium: 1.51µg (2.15%)