



 **15%**  
HEALTH SCORE

## Couscous with olives

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



302 kcal

SIDE DISH

### Ingredients

- 1 cup couscous
- 200 ml vegetable stock hot
- 0.3 cup pinenuts toasted
- 2 Tbs olive oil
- 0.3 cup olives black pitted sliced
- 8 cherry tomatoes halved
- 2 Tbs cilantro leaves fresh chopped
- 0.3 tsp pepper black

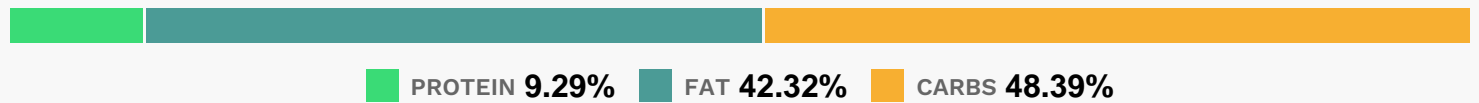
# Equipment

- bowl
- frying pan

# Directions

- Place the couscous grains into a bowl and pour over the hot chicken stock. Cover the bowl and leave couscous to soak the stock for 15 minutes or until tender.
- Meanwhile, toast the pine nuts in a dry frying pan for 3 minutes, shaking the pan from time to time. Set aside.
- Run a fork through the couscous to break up the grains and add olive oil, black olives, tomatoes, toasted pine nuts and herbs.
- Combine.
- Season with pepper and serve warm.

# Nutrition Facts



# Properties

Glycemic Index:43.5, Glycemic Load:20.66, Inflammation Score:-4, Nutrition Score:8.9282608695652%

# Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

# Taste

Sweetness: 36.75%, Saltiness: 98.63%, Sourness: 55.46%, Bitterness: 41.26%, Savoriness: 73.06%, Fattiness: 100%, Spiciness: 0%

# Nutrients (% of daily need)

Calories: 302.48kcal (15.12%), Fat: 14.38g (22.13%), Saturated Fat: 1.61g (10.05%), Carbohydrates: 37g (12.33%), Net Carbohydrates: 33.98g (12.35%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 338.77mg (14.73%), Protein: 7.1g (14.2%), Manganese: 1.13mg (56.63%), Vitamin E: 2.31mg (15.42%), Phosphorus: 132.19mg (13.22%), Copper: 0.26mg (12.8%), Fiber: 3.03g (12.11%), Magnesium: 44.46mg (11.12%), Vitamin B3: 2.08mg (10.42%), Vitamin K: 10.66µg (10.15%), Vitamin C: 7.87mg (9.54%), Vitamin B1: 0.12mg (7.7%), Iron: 1.26mg (7.01%), Vitamin A: 321.83IU

(6.44%), Zinc: 0.96mg (6.38%), Vitamin B5: 0.61mg (6.13%), Potassium: 202.6mg (5.79%), Vitamin B6: 0.09mg (4.28%), Folate: 16.34µg (4.08%), Vitamin B2: 0.06mg (3.62%), Calcium: 20.62mg (2.06%)