



Fluffy Couscous



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

Ingredients

- ☐ 3 cups couscous
- ☐ 1 quart fat-skimmed chicken broth boiling
- ☐ 0.3 cup juice of lemon
- ☐ 3 tablespoons olive oil

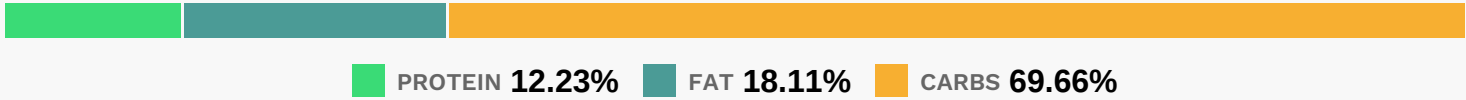
Equipment

- ☐ bowl

Directions

- ☐ In a large bowl, mix 3 cups couscous and 3 tablespoons olive oil.
- ☐ Add 1 quart boiling fat-skimmed chicken broth and stir gently; cover tightly and let stand until liquid is absorbed and couscous is tender to bite, about 5 minutes.
- ☐ Add 1/4 cup lemon juice and salt and pepper to taste; mix and fluff with a large spoon or fork.

Nutrition Facts



Properties

Glycemic Index:8.13, Glycemic Load:30.54, Inflammation Score:-2, Nutrition Score:6.4234782720552%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 296.75kcal (14.84%), Fat: 5.88g (9.05%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 50.92g (16.97%), Net Carbohydrates: 47.66g (17.33%), Sugar: 0.37g (0.41%), Cholesterol: 0mg (0%), Sodium: 490.49mg (21.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.94g (17.89%), Manganese: 0.52mg (26%), Vitamin B3: 2.93mg (14.66%), Fiber: 3.27g (13.07%), Phosphorus: 123.91mg (12.39%), Vitamin B5: 0.96mg (9.58%), Copper: 0.18mg (9.2%), Vitamin B1: 0.12mg (7.72%), Magnesium: 30.19mg (7.55%), Vitamin E: 0.77mg (5.12%), Iron: 0.9mg (5.01%), Vitamin B6: 0.09mg (4.57%), Vitamin B2: 0.08mg (4.51%), Potassium: 151.09mg (4.32%), Vitamin B12: 0.24µg (3.94%), Folate: 15.68µg (3.92%), Zinc: 0.57mg (3.77%), Selenium: 2.61µg (3.73%), Vitamin C: 2.95mg (3.58%), Vitamin K: 3.16µg (3.01%), Calcium: 20.81mg (2.08%)