



HEALTH SCORE

100%

Gremolata couscous-stuffed peppers



Vegetarian



Very Healthy

READY IN



55 min.

SERVINGS



2

CALORIES



396 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 85 g couscous
- ☐ 2 tbsp raisins
- ☐ 50 ml vegetable stock hot
- ☐ 1 tsp clear honey
- ☐ 1 lemon zest
- ☐ 2 garlic clove
- ☐ 1 small bunch flat parsley
- ☐ 150 ml yogurt low-fat

- ☐ 2 tomatoes roughly chopped
- ☐ 2 bell pepper red halved
- ☐ 1 tbsp olive oil

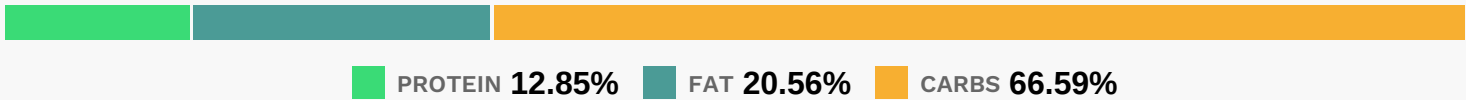
Equipment

- ☐ food processor
- ☐ bowl
- ☐ oven

Directions

- ☐ Heat oven to 190C/170C fan/gas
- ☐ Put the couscous and raisins in a heatproof bowl. Stir together the stock, honey and lemon juice, then pour over the couscous. Cover and leave to absorb for 5 mins.
- ☐ Meanwhile, make the gremolata.
- ☐ Place the lemon zest, garlic and parsley in a mini food processor, then whizz until fine (or finely chop everything together). Stir 1 tbsp of this mixture into the yogurt, then set aside. Stir the remaining mixture into the couscous with the tomatoes and some seasoning.
- ☐ Spoon the couscous mixture into each pepper half, then sit them in a small roasting tin.
- ☐ Drizzle with oil, then bake for 40 mins until the peppers are tender.
- ☐ Serve with the yogurt and a simple green salad on the side.

Nutrition Facts



Properties

Glycemic Index:176.54, Glycemic Load:31.29, Inflammation Score:-10, Nutrition Score:30.443478314773%

Flavonoids

Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg, Naringenin: 0.84mg Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg, Apigenin: 61.41mg Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg, Luteolin: 1.04mg Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg, Kaempferol: 0.57mg Myricetin: 4.44mg, Myricetin: 4.44mg, Myricetin: 4.44mg, Myricetin: 4.44mg Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg, Quercetin: 1.12mg

1.12mg

Nutrients (% of daily need)

Calories: 396.11kcal (19.81%), Fat: 9.41g (14.48%), Saturated Fat: 1.97g (12.28%), Carbohydrates: 68.59g (22.86%), Net Carbohydrates: 60.14g (21.87%), Sugar: 17.18g (19.09%), Cholesterol: 4.66mg (1.55%), Sodium: 189.99mg (8.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.23g (26.46%), Vitamin K: 487.37µg (464.16%), Vitamin C: 213.33mg (258.58%), Vitamin A: 7245.59IU (144.91%), Manganese: 0.75mg (37.34%), Fiber: 8.45g (33.79%), Folate: 134.55µg (33.64%), Vitamin B6: 0.63mg (31.33%), Potassium: 1095.25mg (31.29%), Phosphorus: 277.42mg (27.74%), Vitamin E: 3.8mg (25.33%), Vitamin B2: 0.39mg (22.71%), Calcium: 226.22mg (22.62%), Iron: 3.65mg (20.27%), Vitamin B3: 4.05mg (20.23%), Magnesium: 79.73mg (19.93%), Vitamin B1: 0.26mg (17.49%), Vitamin B5: 1.62mg (16.25%), Copper: 0.31mg (15.43%), Zinc: 1.93mg (12.88%), Vitamin B12: 0.43µg (7.25%), Selenium: 3.28µg (4.68%)