



Ham-and-Vegetable Couscous

READY IN



45 min.

SERVINGS



5

CALORIES



307 kcal

SIDE DISH

Ingredients

- 15.3 ounce no-salt-added whole-kernel corn drained canned
- 1 cup couscous uncooked
- 2 teaspoons dijon mustard
- 0.5 teaspoon basil dried
- 0.3 cup green onions thinly sliced
- 0.3 teaspoon coarsely ground pepper
- 1 cup honey-baked ham chopped
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil extra-virgin

- 0.3 cup parmesan cheese grated
- 0.3 teaspoon salt
- 1.8 cups water
- 3 tablespoons water

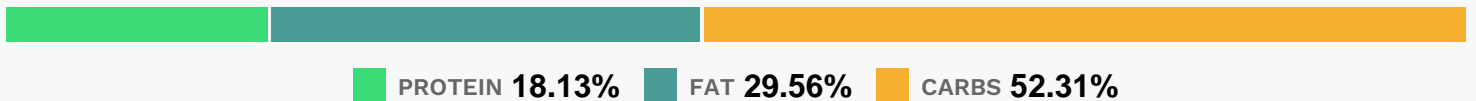
Equipment

- bowl
- sauce pan
- whisk

Directions

- Bring 1 3/4 cups water and basil to a boil in a medium saucepan, and stir in couscous.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Combine couscous, ham, green onions, cheese, and corn in a bowl; set aside.
- Combine 3 tablespoons water and remaining ingredients; stir well with whisk.
- Pour dressing over couscous mixture, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:32.2, Glycemic Load:16.41, Inflammation Score:-4, Nutrition Score:10.005652137425%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg, Hesperetin: 0.87mg Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg, Naringenin: 0.08mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 307.03kcal (15.35%), Fat: 10.27g (15.81%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 40.9g (13.63%), Net Carbohydrates: 37.1g (13.49%), Sugar: 4.18g (4.64%), Cholesterol: 21.71mg (7.24%), Sodium: 744.72mg (32.38%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.18g (28.35%), Manganese: 0.42mg (20.96%), Phosphorus:

195.75mg (19.58%), Vitamin B1: 0.27mg (17.81%), Vitamin B3: 3.38mg (16.91%), Vitamin K: 17.48µg (16.65%), Fiber: 3.8g (15.2%), Selenium: 9.36µg (13.37%), Folate: 45.99µg (11.5%), Vitamin B2: 0.19mg (11.29%), Zinc: 1.49mg (9.93%), Vitamin B6: 0.19mg (9.52%), Magnesium: 37.99mg (9.5%), Vitamin B5: 0.9mg (9.02%), Potassium: 292.44mg (8.36%), Copper: 0.17mg (8.27%), Calcium: 69.02mg (6.9%), Iron: 1.12mg (6.25%), Vitamin C: 4.97mg (6.02%), Vitamin E: 0.67mg (4.48%), Vitamin B12: 0.25µg (4.11%), Vitamin A: 151.7IU (3.03%), Vitamin D: 0.22µg (1.47%)