



Ham Stir Fry with Couscous

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



338 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup almonds sliced
- 16 ounce broccoli florets mixed
- 3 tablespoons brown sugar
- 3 tablespoons brown sugar
- 8 ounce water chestnuts drained sliced canned
- 1 carrots sliced
- 2 cups chicken broth
- 0.3 pound finely-chopped ham cooked cut into strips

- 0.3 cup cornstarch
- 1 cup couscous
- 2 cloves garlic minced
- 0.1 teaspoon ground ginger
- 3 tablespoons soya sauce
- 1 tablespoon vegetable oil
- 1.5 cups water

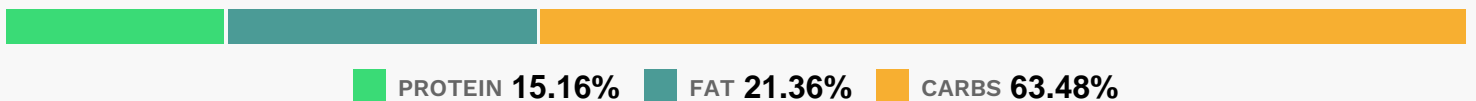
Equipment

- bowl
- frying pan
- sauce pan
- wok

Directions

- To Make Couscous: In a medium saucepan, bring water to a boil. Stir in couscous, reduce heat to medium-low, and simmer for 8 to 10 minutes, until fluffy. Cover and set aside.
- In a small bowl, combine broth, cornstarch, soy sauce, brown sugar and ginger.
- Mix together and set aside.
- Heat oil in a large skillet or wok.
- Add garlic, broccoli, cauliflower and carrot; stir-fry for 7 to 8 minutes or until crisp-tender (add water as needed if pan gets too dry).
- Stir broth mixture and pour over vegetable mixture in skillet, then stir in ham and water chestnuts. Cook 2 minutes, stirring frequently. Stir in almonds.
- Serve stir fry over hot couscous.

Nutrition Facts



Properties

Glycemic Index:33.14, Glycemic Load:15.1, Inflammation Score:-9, Nutrition Score:22.219999727995%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 5.98mg, Kaempferol: 5.98mg, Kaempferol: 5.98mg, Kaempferol: 5.98mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 338.01kcal (16.9%), Fat: 8.24g (12.67%), Saturated Fat: 1.1g (6.9%), Carbohydrates: 55.08g (18.36%), Net Carbohydrates: 48.81g (17.75%), Sugar: 15.69g (17.44%), Cholesterol: 15.36mg (5.12%), Sodium: 1058.09mg (46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.16g (26.31%), Vitamin C: 73.51mg (89.1%), Vitamin K: 82.75µg (78.81%), Vitamin A: 2171.17IU (43.42%), Manganese: 0.77mg (38.26%), Fiber: 6.27g (25.09%), Phosphorus: 223.48mg (22.35%), Vitamin E: 3.13mg (20.88%), Vitamin B2: 0.32mg (19.1%), Vitamin B6: 0.37mg (18.31%), Vitamin B1: 0.25mg (16.9%), Vitamin B3: 3.3mg (16.51%), Folate: 64.44µg (16.11%), Magnesium: 64.03mg (16.01%), Copper: 0.32mg (15.86%), Potassium: 552mg (15.77%), Iron: 2.26mg (12.54%), Vitamin B5: 1.17mg (11.67%), Zinc: 1.58mg (10.51%), Selenium: 7.22µg (10.31%), Calcium: 88.46mg (8.85%), Vitamin B12: 0.28µg (4.7%)