



Harissa couscous



Vegetarian



Vegan



Dairy Free

READY IN



10 min.

SERVINGS



10

CALORIES



196 kcal

SIDE DISH

Ingredients

- ☐ 400 g couscous
- ☐ 1 bunch spring onion finely sliced
- ☐ 3 tbsp mint leaves roughly chopped
- ☐ 250 g cherry tomatoes halved
- ☐ 400 ml vegetable stock hot
- ☐ 1 tsp harissa paste
- ☐ 3 tbsp olive oil
- ☐ 1 juice of lemon

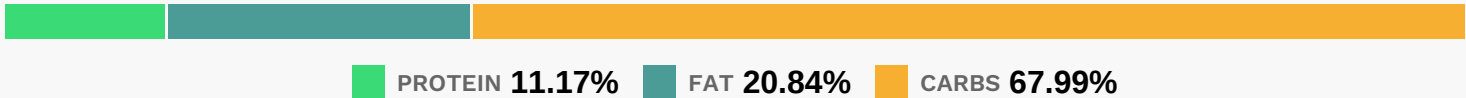
Equipment

☐ bowl

Directions

- ☐ Tip couscous into a heatproof bowl.
- ☐ Add a spring onions, mint and cherry tomatoes.
- ☐ Pour over hot vegetable stock mixed with harissa. Stir and cover with a plate. Leave for 5 mins, then pour over olive oil and lemon juice and stir through.

Nutrition Facts



Properties

Glycemic Index:14.2, Glycemic Load:19.1, Inflammation Score:-3, Nutrition Score:4.8895651549101%

Flavonoids

Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg, Eriodictyol: 0.29mg Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg, Hesperetin: 0.48mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 196.24kcal (9.81%), Fat: 4.5g (6.93%), Saturated Fat: 0.63g (3.96%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 30.74g (11.18%), Sugar: 1.16g (1.29%), Cholesterol: 0mg (0%), Sodium: 173.02mg (7.52%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.85%), Manganese: 0.35mg (17.4%), Fiber: 2.3g (9.19%), Vitamin C: 7.54mg (9.15%), Vitamin K: 8.22µg (7.83%), Vitamin B3: 1.56mg (7.8%), Phosphorus: 76.74mg (7.67%), Copper: 0.12mg (6.11%), Vitamin B5: 0.54mg (5.37%), Magnesium: 20.95mg (5.24%), Vitamin E: 0.77mg (5.15%), Vitamin B1: 0.08mg (5.14%), Vitamin A: 254.78IU (5.1%), Potassium: 135.24mg (3.86%), Iron: 0.69mg (3.84%), Folate: 13.98µg (3.49%), Vitamin B6: 0.07mg (3.4%), Zinc: 0.38mg (2.56%), Vitamin B2: 0.04mg (2.39%), Calcium: 15.57mg (1.56%)