



Hazelnut-Herb Couscous



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



180 kcal

SIDE DISH

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1.3 cups couscous uncooked
- ☐ 16 ounce less-sodium chicken broth fat-free canned
- ☐ 1 teaspoon rosemary fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 2 garlic cloves minced
- ☐ 1 ounce hazelnuts
- ☐ 1 teaspoon oregano fresh chopped

☐ 0.3 teaspoon salt

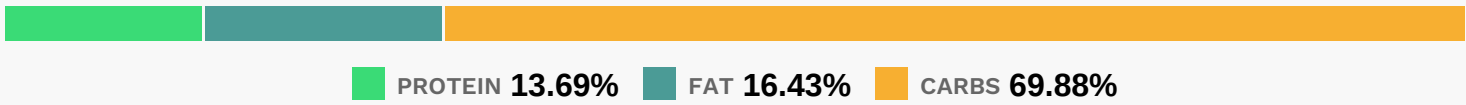
Equipment

- ☐ baking sheet
- ☐ sauce pan
- ☐ oven

Directions

- ☐ Preheat oven to 35
- ☐ Place the hazelnuts on a baking sheet.
- ☐ Bake at 350 for 15 minutes, stirring once. Turn nuts out onto a towel.
- ☐ Roll up towel, and rub off skins. Chop nuts, and set aside.
- ☐ Bring chicken broth and the next 6 ingredients (broth through garlic) to a boil in a medium saucepan, and gradually stir in the couscous.
- ☐ Remove from heat; cover couscous and let stand 5 minutes. Fluff couscous with a fork. Stir in the hazelnuts.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:18.27, Inflammation Score:-6, Nutrition Score:5.7504348379114%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg, Luteolin: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 180.08kcal (9%), Fat: 3.27g (5.04%), Saturated Fat: 0.26g (1.65%), Carbohydrates: 31.33g (10.44%), Net Carbohydrates: 28.73g (10.45%), Sugar: 0.34g (0.38%), Cholesterol: 0mg (0%), Sodium: 410.23mg (17.84%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.14g (12.28%), Manganese: 0.64mg (32.24%), Fiber: 2.6g (10.41%), Copper: 0.2mg (9.91%), Vitamin B3: 1.88mg (9.39%), Phosphorus: 89.83mg (8.98%), Magnesium: 27.15mg (6.79%), Vitamin B1: 0.1mg (6.74%), Vitamin B5: 0.62mg (6.23%), Iron: 0.95mg (5.26%), Vitamin E: 0.77mg (5.14%), Vitamin B6: 0.1mg (4.83%), Potassium: 129.55mg (3.7%), Folate: 14.78µg (3.69%), Vitamin B2: 0.06mg (3.28%), Zinc: 0.48mg (3.18%), Selenium: 1.94µg (2.77%), Vitamin K: 2.83µg (2.69%), Calcium: 26.42mg (2.64%), Vitamin B12: 0.15µg (2.52%), Vitamin C: 1.15mg (1.4%)