



Herbed Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



190 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon butter melted
- ☐ 1 cup couscous uncooked
- ☐ 2 tablespoons flat-leaf parsley fresh chopped
- ☐ 1 teaspoon garlic minced
- ☐ 0.3 teaspoon kosher salt
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 1.3 cups water

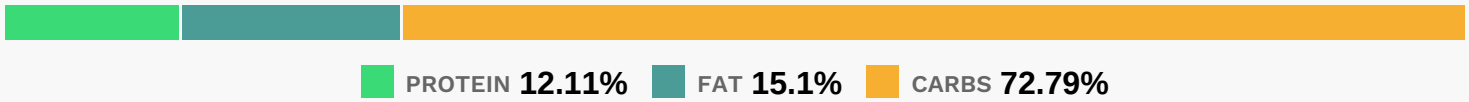
Equipment

☐ sauce pan

Directions

- ☐ Bring water to a boil in a small saucepan. Stir in couscous; cover.
- ☐ Remove from heat; let stand 5 minutes. Stir in parsley, butter, garlic, lemon juice, kosher salt, and pepper.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:20.47, Inflammation Score:-3, Nutrition Score:5.5073913131719%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 190.42kcal (9.52%), Fat: 3.14g (4.84%), Saturated Fat: 1.86g (11.6%), Carbohydrates: 34.12g (11.37%), Net Carbohydrates: 31.83g (11.58%), Sugar: 0.09g (0.1%), Cholesterol: 7.53mg (2.51%), Sodium: 177.17mg (7.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.68g (11.35%), Vitamin K: 33.26µg (31.68%), Manganese: 0.37mg (18.49%), Fiber: 2.28g (9.13%), Vitamin B3: 1.55mg (7.73%), Phosphorus: 77.07mg (7.71%), Copper: 0.13mg (6.3%), Vitamin B5: 0.56mg (5.59%), Magnesium: 21.39mg (5.35%), Vitamin A: 256.85IU (5.14%), Vitamin B1: 0.07mg (4.98%), Vitamin C: 3.86mg (4.68%), Iron: 0.62mg (3.44%), Folate: 12.34µg (3.08%), Vitamin B6: 0.06mg (3.01%), Zinc: 0.4mg (2.68%), Potassium: 90.99mg (2.6%), Vitamin B2: 0.04mg (2.25%), Calcium: 18.35mg (1.83%)