



Herbed Couscous Pilaf

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



209 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 1 tablespoon flat-leaf parsley fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 cup lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup shallots finely chopped

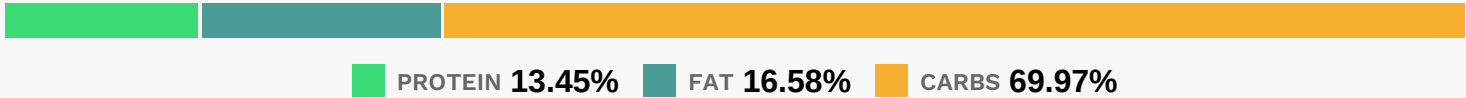
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a small saucepan over medium-high heat.
- ☐ Add oil to pan, swirling to coat.
- ☐ Add shallots; saut 2 minutes or until tender. Stir in couscous; saut 1 minute.
- ☐ Add broth and salt; bring to a boil. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork. Stir in parsley and thyme.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:21, Inflammation Score:-6, Nutrition Score:5.4513043061547%

Flavonoids

Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg

Nutrients (% of daily need)

Calories: 208.82kcal (10.44%), Fat: 3.81g (5.86%), Saturated Fat: 0.54g (3.37%), Carbohydrates: 36.16g (12.05%), Net Carbohydrates: 33.42g (12.15%), Sugar: 1.17g (1.3%), Cholesterol: 0mg (0%), Sodium: 189.44mg (8.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.95g (13.9%), Manganese: 0.39mg (19.55%), Vitamin K: 18.63µg (17.74%), Fiber: 2.74g (10.95%), Phosphorus: 83.51mg (8.35%), Vitamin B3: 1.56mg (7.81%), Potassium: 249.82mg (7.14%), Copper: 0.12mg (6.21%), Vitamin B5: 0.59mg (5.87%), Magnesium: 23.44mg (5.86%), Vitamin B1: 0.08mg (5.36%), Vitamin B6: 0.1mg (5.06%), Iron: 0.81mg (4.52%), Vitamin C: 3.31mg (4.02%), Folate: 15.42µg (3.86%), Vitamin E: 0.52mg (3.45%), Zinc: 0.44mg (2.92%), Vitamin B2: 0.04mg (2.35%), Vitamin A: 108.59IU (2.17%), Calcium: 19.34mg (1.93%)