



## Herbed Couscous with Lemon

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



231 kcal

SIDE DISH

### Ingredients

- 0.3 cup parsley packed minced
- 0.3 teaspoon thyme dried
- 0.3 teaspoon lemon zest freshly grated
- 0.8 cup water
- 2 servings juice of lemon fresh to taste
- 1 tablespoon olive oil
- 0.5 cup couscous

### Equipment

frying pan

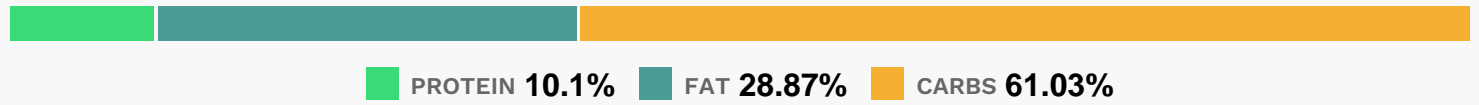
sauce pan

## Directions

In a small heavy saucepan bring the water to a boil, stir in the zest, the thyme, and the couscous, and remove the pan from the heat.

Let the mixture stand, covered, for 5 minutes, fluff it with a fork, and stir in the parsley, the oil, the lemon juice, and salt and pepper to taste.

## Nutrition Facts



## Properties

Glycemic Index:48.5, Glycemic Load:20.43, Inflammation Score:-6, Nutrition Score:10.246521712969%

## Flavonoids

Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg, Eriodictyol: 0.73mg Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg, Hesperetin: 2.17mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

## Nutrients (% of daily need)

Calories: 230.96kcal (11.55%), Fat: 7.38g (11.36%), Saturated Fat: 1.04g (6.48%), Carbohydrates: 35.12g (11.71%), Net Carbohydrates: 32.59g (11.85%), Sugar: 0.45g (0.5%), Cholesterol: 0mg (0%), Sodium: 13.33mg (0.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.81g (11.62%), Vitamin K: 129.36µg (123.2%), Vitamin C: 16.17mg (19.59%), Manganese: 0.36mg (18.05%), Vitamin A: 637.58IU (12.75%), Fiber: 2.53g (10.11%), Vitamin B3: 1.63mg (8.14%), Phosphorus: 79.36mg (7.94%), Vitamin E: 1.1mg (7.31%), Copper: 0.14mg (6.8%), Iron: 1.14mg (6.33%), Magnesium: 24.88mg (6.22%), Vitamin B5: 0.59mg (5.88%), Folate: 23.42µg (5.86%), Vitamin B1: 0.08mg (5.42%), Potassium: 130.28mg (3.72%), Vitamin B6: 0.06mg (3.12%), Zinc: 0.46mg (3.09%), Calcium: 27.06mg (2.71%), Vitamin B2: 0.04mg (2.59%)