



Hot Breakfast Couscous

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



271 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- 0.3 cup apricot dried chopped
- 2 cups couscous dry
- 3 teaspoons ground cinnamon
- 2 tablespoons honey
- 0.3 cup raisins
- 2 cups skim milk
- 0.5 cup slivered almonds

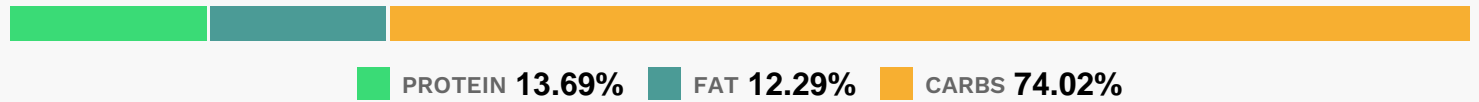
Equipment

sauce pan

Directions

In a saucepan over medium heat, combine the milk, honey and cinnamon. As soon as it comes to a boil, stir in the couscous. Turn off the heat, cover and let stand for 5 minutes. Stir in the apricots, raisins and almonds.

Nutrition Facts



Properties

Glycemic Index:32.22, Glycemic Load:27.23, Inflammation Score:-4, Nutrition Score:8.9908694339835%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 271.28kcal (13.56%), Fat: 3.76g (5.79%), Saturated Fat: 0.35g (2.2%), Carbohydrates: 51g (17%), Net Carbohydrates: 46.78g (17.01%), Sugar: 10.61g (11.78%), Cholesterol: 1.84mg (0.61%), Sodium: 32.02mg (1.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.86%), Manganese: 0.66mg (32.87%), Phosphorus: 180.6mg (18.06%), Fiber: 4.22g (16.89%), Vitamin E: 1.98mg (13.2%), Vitamin B2: 0.21mg (12.25%), Calcium: 121.89mg (12.19%), Magnesium: 48.71mg (12.18%), Copper: 0.22mg (10.94%), Vitamin B3: 2.05mg (10.25%), Potassium: 342.2mg (9.78%), Vitamin B1: 0.13mg (8.43%), Vitamin B5: 0.82mg (8.25%), Vitamin A: 322.45IU (6.45%), Iron: 1.1mg (6.13%), Zinc: 0.9mg (6.02%), Vitamin B12: 0.36µg (5.92%), Vitamin B6: 0.11mg (5.69%), Vitamin D: 0.67µg (4.49%), Folate: 13.72µg (3.43%), Selenium: 1.72µg (2.46%)