



Indian Spiced Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



2

CALORIES



273 kcal

SIDE DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 0.5 cup fruit bits dried (such as Sunmaid)
- 3 tablespoons green onions thinly sliced
- 1 Dash ground cardamom
- 0.3 teaspoon ground cinnamon
- 0.3 teaspoon ground turmeric
- 2 teaspoons butter light
- 0.3 teaspoon salt

- 1 cup water
- 0.5 cup couscous plain whole wheat uncooked

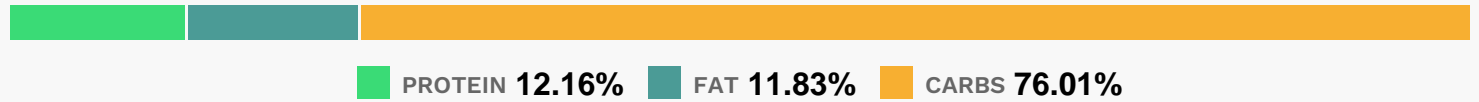
Equipment

- sauce pan

Directions

- Combine first 8 ingredients in a medium saucepan; bring to a boil over medium-high heat. Stir in couscous; return to a boil. Cover and reduce heat to low; simmer 2 minutes or until water is absorbed.
- Remove from heat; add green onions. Cover and let stand 5 minutes. Fluff before serving.

Nutrition Facts



Properties

Glycemic Index:55, Glycemic Load:1.85, Inflammation Score:-9, Nutrition Score:4.3195652514696%

Flavonoids

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 272.57kcal (13.63%), Fat: 3.9g (6%), Saturated Fat: 1.72g (10.76%), Carbohydrates: 56.38g (18.79%), Net Carbohydrates: 49.71g (18.08%), Sugar: 6.05g (6.72%), Cholesterol: 5.22mg (1.74%), Sodium: 300.99mg (13.09%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.02g (18.03%), Fiber: 6.66g (26.66%), Vitamin K: 20.95µg (19.95%), Iron: 2.42mg (13.43%), Manganese: 0.18mg (8.76%), Calcium: 53.74mg (5.37%), Vitamin A: 176.53IU (3.53%), Potassium: 107.67mg (3.08%), Copper: 0.06mg (3.06%), Magnesium: 11.21mg (2.8%), Vitamin C: 1.9mg (2.3%), Folate: 6.86µg (1.72%), Phosphorus: 13.02mg (1.3%), Vitamin E: 0.18mg (1.2%), Vitamin B2: 0.02mg (1.18%), Vitamin B6: 0.02mg (1.12%)