



Israeli Couscous and Dill Snap Peas

READY IN



45 min.

SERVINGS



4

CALORIES



189 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1 teaspoon dijon mustard
- ☐ 1 tablespoon optional: dill minced
- ☐ 0.5 teaspoon garlic minced
- ☐ 0.7 cup israeli couscous
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.5 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 2 teaspoons olive oil
- ☐ 2 tablespoons parmesan cheese shaved
- ☐ 0.5 teaspoon sugar
- ☐ 6 ounces sugar snap peas trimmed
- ☐ 1 cup water
- ☐ 8 cups water

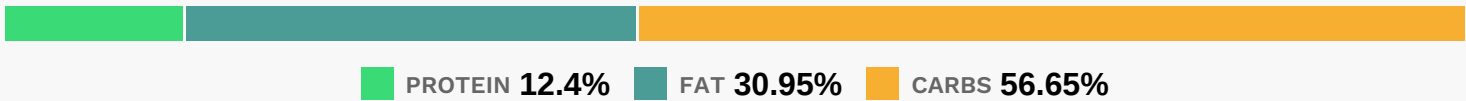
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ dutch oven

Directions

- ☐ Heat 2 olive oil in a saucepan over medium heat.
- ☐ Add couscous; saut 3 minutes.
- ☐ Add 1 cup water; bring to a boil. Cover, reduce heat, and simmer 10 minutes.
- ☐ Drain and rinse; drain.
- ☐ Bring 8 cups water to a boil in a large Dutch oven.
- ☐ Add peas; cook 30 seconds or until crisp-tender.
- ☐ Drain and plunge into ice water; drain. Slice half of peas diagonally.
- ☐ Combine lemon rind and next 7 ingredients in a medium bowl; stir with a whisk.
- ☐ Add peas; toss to coat.
- ☐ Combine pea mixture, couscous, and minced dill. Top with shaved Parmesan cheese.

Nutrition Facts



Properties

Glycemic Index:67.77, Glycemic Load:13.84, Inflammation Score:-5, Nutrition Score:7.9086956388277%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 188.81kcal (9.44%), Fat: 6.48g (9.97%), Saturated Fat: 1.23g (7.67%), Carbohydrates: 26.69g (8.9%), Net Carbohydrates: 24.02g (8.73%), Sugar: 2.44g (2.71%), Cholesterol: 1.7mg (0.57%), Sodium: 376.01mg (16.35%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.84g (11.69%), Vitamin C: 28.95mg (35.09%), Manganese: 0.36mg (17.85%), Vitamin K: 14.21µg (13.54%), Fiber: 2.67g (10.7%), Vitamin A: 491.66IU (9.83%), Copper: 0.2mg (9.78%), Phosphorus: 91.16mg (9.12%), Vitamin B1: 0.12mg (7.76%), Magnesium: 30.63mg (7.66%), Calcium: 73.95mg (7.39%), Iron: 1.3mg (7.22%), Vitamin B5: 0.7mg (7.03%), Vitamin E: 0.98mg (6.54%), Vitamin B3: 1.28mg (6.39%), Folate: 25.54µg (6.38%), Vitamin B6: 0.11mg (5.58%), Potassium: 148.69mg (4.25%), Vitamin B2: 0.07mg (3.98%), Zinc: 0.49mg (3.29%), Selenium: 1.36µg (1.94%)