



Israeli Couscous Risotto with Squash, Radicchio, and Parsley Butter

READY IN



35 min.

SERVINGS



6

CALORIES



360 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 6 tablespoons butter divided room temperature ()
- ☐ 8.8 ounce israeli couscous toasted ()
- ☐ 3 teaspoons lemon zest divided grated
- ☐ 3 cups low-salt chicken broth
- ☐ 2.5 cups onion chopped
- ☐ 0.8 cup parmesan cheese finely grated
- ☐ 1 cup parsley leaves fresh italian packed ()
- ☐ 1 cup radicchio thinly diced

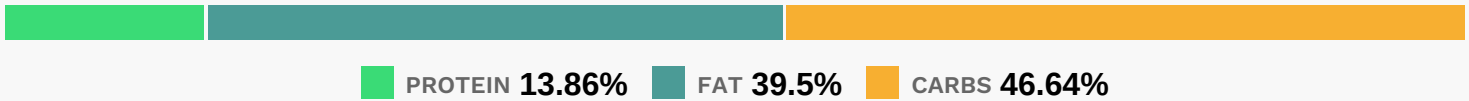
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Melt 2 tablespoons butter in heavy large saucepan over medium-high heat.
- ☐ Add onion and 2 teaspoons lemon peel. Cover and cook 5 minutes.
- ☐ Add couscous; sauté 2 minutes.
- ☐ Add broth and squash; bring to boil. Reduce heat to medium. Cook, uncovered, until couscous and squash are tender and mixture is still moist, about 10 minutes.
- ☐ Mix in radicchio and cheese. Season to taste with salt and pepper.
- ☐ Meanwhile, finely chop parsley in mini processor.
- ☐ Add 4 tablespoons butter and 1 teaspoon lemon peel; blend well. Season with salt and pepper.
- ☐ Transfer couscous to bowl. Swirl half of parsley butter into top of couscous.
- ☐ Serve, passing remaining parsley butter.
- ☐ One serving contains the following: 398.94 Calories (kcal), 35.5% Calories from Fat, 15.75 (g) Fat, 9.35 (g) Saturated Fat, 42.50 (g) Carbohydrates, 5.32 (g) Dietary Fiber, 4.38 (g) Total Sugars, 45.02 (g) Net Carbs, 15.14 (g) Protein
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:29, Glycemic Load:21.05, Inflammation Score:-8, Nutrition Score:15.176086877999%

Flavonoids

Cyanidin: 8.47mg, Cyanidin: 8.47mg, Cyanidin: 8.47mg, Cyanidin: 8.47mg Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg, Delphinidin: 0.51mg Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin:

21.55mg Luteolin: 2.65mg, Luteolin: 2.65mg, Luteolin: 2.65mg, Luteolin: 2.65mg Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg, Isorhamnetin: 3.34mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg, Myricetin: 1.5mg Quercetin: 15.66mg, Quercetin: 15.66mg, Quercetin: 15.66mg, Quercetin: 15.66mg

Nutrients (% of daily need)

Calories: 360.49kcal (18.02%), Fat: 15.99g (24.61%), Saturated Fat: 9.44g (58.99%), Carbohydrates: 42.49g (14.16%), Net Carbohydrates: 38.78g (14.1%), Sugar: 3.16g (3.52%), Cholesterol: 40.97mg (13.66%), Sodium: 358.12mg (15.57%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.63g (25.25%), Vitamin K: 182.46µg (173.77%), Vitamin A: 1304.02IU (26.08%), Vitamin C: 20.06mg (24.31%), Manganese: 0.45mg (22.31%), Phosphorus: 216.61mg (21.66%), Vitamin B3: 3.31mg (16.56%), Calcium: 160.3mg (16.03%), Fiber: 3.71g (14.83%), Copper: 0.23mg (11.62%), Potassium: 371.33mg (10.61%), Folate: 41.48µg (10.37%), Magnesium: 36.81mg (9.2%), Iron: 1.56mg (8.68%), Vitamin B2: 0.15mg (8.6%), Zinc: 1.28mg (8.54%), Vitamin B6: 0.16mg (8.13%), Vitamin B1: 0.11mg (7.52%), Vitamin B5: 0.72mg (7.16%), Selenium: 4.93µg (7.04%), Vitamin B12: 0.31µg (5.18%), Vitamin E: 0.63mg (4.2%)