



Israeli Couscous with Apples, Cranberries and Herbs



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



513 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 cup cranberries dried
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1.5 tablespoons rosemary leaves fresh chopped
- ☐ 1 teaspoon thyme leaves fresh chopped
- ☐ 1 medium apples diced green

- ☐ 2 cups israeli couscous (or barley or orzo)
- ☐ 1 tablespoon kosher salt
- ☐ 4 cups chicken broth low-sodium
- ☐ 2 tablespoons maple syrup
- ☐ 0.3 cup olive oil
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup slivered almonds toasted

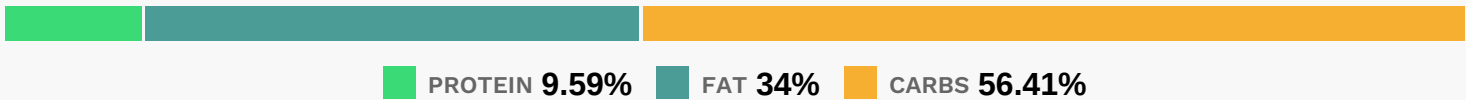
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ For the couscous: In a medium saucepan, heat the olive oil on medium-high heat.
- ☐ Add the couscous and cook, stirring occasionally until slightly browned and aromatic, about 3 to 5 minutes.
- ☐ Add the chicken broth and bring to a boil. Simmer for 10 to12 minutes or until the liquid has evaporated.
- ☐ Transfer the cooked couscous to a large bowl and set aside to cool.
- ☐ Add the parsley, rosemary, thyme, apple, dried cranberries, and almonds.
- ☐ For the vinaigrette: In a small bowl, combine the vinegar, maple syrup, salt, and pepper.
- ☐ Whisk in the olive oil until smooth.
- ☐ Pour the vinaigrette over the couscous and toss to coat evenly.

Nutrition Facts



Properties

Glycemic Index:48.75, Glycemic Load:29.76, Inflammation Score:-6, Nutrition Score:13.939130451368%

Flavonoids

Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg, Cyanidin: 0.82mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg, Peonidin: 0.01mg Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg, Catechin: 0.51mg Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg, Epigallocatechin: 0.31mg Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg, Epicatechin: 2.34mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 512.81kcal (25.64%), Fat: 19.8g (30.46%), Saturated Fat: 2.62g (16.4%), Carbohydrates: 73.91g (24.64%), Net Carbohydrates: 67.9g (24.69%), Sugar: 22.47g (24.97%), Cholesterol: 0mg (0%), Sodium: 1220.01mg (53.04%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.57g (25.14%), Vitamin K: 51.7µg (49.24%), Manganese: 0.93mg (46.57%), Vitamin E: 4.77mg (31.81%), Fiber: 6.02g (24.06%), Vitamin B3: 4.66mg (23.3%), Phosphorus: 195.54mg (19.55%), Vitamin B2: 0.3mg (17.5%), Copper: 0.35mg (17.28%), Magnesium: 57.73mg (14.43%), Potassium: 382.33mg (10.92%), Iron: 1.77mg (9.84%), Vitamin B1: 0.13mg (8.41%), Vitamin B5: 0.83mg (8.31%), Zinc: 1.04mg (6.91%), Vitamin C: 5.4mg (6.55%), Calcium: 63.77mg (6.38%), Vitamin B6: 0.12mg (5.82%), Folate: 20.79µg (5.2%), Vitamin A: 258.44IU (5.17%), Vitamin B12: 0.16µg (2.62%)