



Israeli Couscous with Asparagus



Vegetarian



Dairy Free

READY IN



35 min.

SERVINGS



7

CALORIES



137 kcal

SIDE DISH

Ingredients

- ☐ 1.8 cups diagonally cut asparagus (1-inch) (8 ounces)
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 2 tablespoons lightly cashews salted chopped
- ☐ 1.3 cups less-sodium chicken broth fat-free
- ☐ 2 garlic cloves minced
- ☐ 1 cup israeli couscous uncooked
- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped

- ☐ 0.3 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water

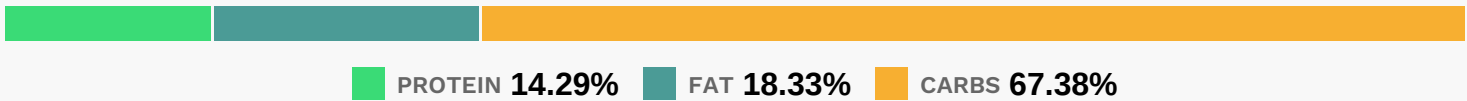
Equipment

- ☐ sauce pan

Directions

- ☐ Place water in a medium saucepan; bring water to a boil.
- ☐ Add asparagus, and cook 2 minutes or just until crisp-tender; drain.
- ☐ Place asparagus in ice water 1 minute; drain. Set aside.
- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add onion and garlic; saut 3 to 4 minutes or until tender. Stir in chicken broth and salt; bring to a boil.
- ☐ Add couscous; bring to a boil. Cover, reduce heat, and cook 5 minutes. Stir in asparagus, black pepper, red bell pepper, and cashews. Cook an additional 3 to 5 minutes or until liquid is absorbed.
- ☐ Note: To substitute quick-cooking barley for Israeli couscous, use 1 cup barley and 2 cups broth. Cover and cook 10 to 12 minutes before adding remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:31.14, Glycemic Load:12.09, Inflammation Score:-5, Nutrition Score:6.8856522052184%

Flavonoids

Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg, Isorhamnetin: 2.48mg Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg, Kaempferol: 0.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg, Quercetin: 7.03mg

Nutrients (% of daily need)

Calories: 137.07kcal (6.85%), Fat: 2.83g (4.36%), Saturated Fat: 0.52g (3.24%), Carbohydrates: 23.42g (7.81%), Net Carbohydrates: 21g (7.64%), Sugar: 1.62g (1.8%), Cholesterol: 0mg (0%), Sodium: 366.28mg (15.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.97g (9.94%), Manganese: 0.34mg (16.83%), Vitamin K: 16.3µg (15.52%), Copper: 0.25mg (12.3%), Vitamin C: 9.8mg (11.88%), Fiber: 2.41g (9.65%), Phosphorus: 90.34mg (9.03%), Vitamin A: 420.96IU (8.42%), Vitamin B3: 1.54mg (7.69%), Iron: 1.37mg (7.62%), Folate: 30.3µg (7.57%), Magnesium: 29.75mg (7.44%), Vitamin B1: 0.11mg (7.27%), Vitamin B6: 0.11mg (5.7%), Vitamin B2: 0.09mg (5.42%), Vitamin B5: 0.53mg (5.34%), Potassium: 177.54mg (5.07%), Zinc: 0.68mg (4.53%), Vitamin E: 0.59mg (3.92%), Selenium: 2.35µg (3.35%), Calcium: 24.75mg (2.47%), Vitamin B12: 0.08µg (1.35%)