



Israeli Couscous with Asparagus, Peas, and Sugar Snaps

READY IN



45 min.

SERVINGS



6

CALORIES



279 kcal

SIDE DISH

Ingredients

- ☐ 2.5 cups asparagus trimmed
- ☐ 0.3 cup chives fresh chopped
- ☐ 2 large garlic clove divided minced
- ☐ 6 ounces regular couscous
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 0.5 cup parmesan cheese finely grated
- ☐ 1 cup peas fresh green frozen shelled thawed

- ☐ 2.5 cups sugar snap peas trimmed
- ☐ 1.8 cups vegetable stock ()

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Whisk 2 tablespoons oil, lemon juice, 1 garlic clove, and lemon peel in small bowl; set dressing aside.
- ☐ Heat 1 tablespoon oil in heavy medium saucepan over medium heat.
- ☐ Add couscous, sprinkle with salt, and sauté until most of couscous is golden brown, about 5 minutes.
- ☐ Add 1 3/4 cups broth, increase heat, and bring to boil. Reduce heat to medium-low, cover, and simmer until liquid is absorbed and couscous is tender, about 10 minutes, adding more broth by tablespoonfuls if too dry.
- ☐ Meanwhile, heat remaining 1 tablespoon oil in heavy large nonstick skillet over high heat.
- ☐ Add asparagus, sugar snap peas, green peas, and remaining garlic clove.
- ☐ Sprinkle with salt and pepper; sauté until crisp-tender, about 3 minutes.
- ☐ Transfer vegetables to large bowl.
- ☐ Add couscous to bowl with vegetables.
- ☐ Drizzle dressing over.
- ☐ Add chives and cheese; toss. Season with salt and pepper.
- ☐ To trim asparagus, hold onto the top of the stalk with one hand and bend the bottom of the stalk with your other hand. The stalk will snap, separating the woody end from the tender top.
- ☐ Some sugar snap peas have a tough string running along the top of the pod. To remove it, snap off the leaf end and pull the string.

Nutrition Facts



PROTEIN 14.06% **FAT 38.66%** **CARBS 47.28%**

Properties

Glycemic Index:43.56, Glycemic Load:15.1, Inflammation Score:-8, Nutrition Score:15.744782848203%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 3.33mg, Isorhamnetin: 3.33mg, Isorhamnetin: 3.33mg, Isorhamnetin: 3.33mg Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg, Kaempferol: 1mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg, Quercetin: 7.95mg

Nutrients (% of daily need)

Calories: 278.76kcal (13.94%), Fat: 12.13g (18.66%), Saturated Fat: 2.67g (16.71%), Carbohydrates: 33.36g (11.12%), Net Carbohydrates: 28.24g (10.27%), Sugar: 4.82g (5.35%), Cholesterol: 7.25mg (2.42%), Sodium: 427.27mg (18.58%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.92g (19.84%), Vitamin C: 40.83mg (49.49%), Vitamin K: 49.94µg (47.56%), Vitamin A: 1366.03IU (27.32%), Manganese: 0.54mg (27.04%), Fiber: 5.12g (20.48%), Phosphorus: 181.02mg (18.1%), Folate: 71.42µg (17.86%), Vitamin B1: 0.26mg (17.25%), Iron: 2.85mg (15.84%), Vitamin E: 2.22mg (14.81%), Copper: 0.26mg (13.05%), Calcium: 121.72mg (12.17%), Vitamin B2: 0.2mg (11.68%), Vitamin B3: 2.32mg (11.59%), Vitamin B6: 0.21mg (10.63%), Magnesium: 42.47mg (10.62%), Potassium: 331.64mg (9.48%), Zinc: 1.33mg (8.89%), Vitamin B5: 0.88mg (8.84%), Selenium: 5.09µg (7.27%), Vitamin B12: 0.11µg (1.88%)