



Israeli Couscous with Celery, Scallions and Cranberries

 Vegetarian  Vegan  Dairy Free

READY IN



50 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

Ingredients

- 2 bay leaves
- 1 blood orange zest
- 4 servings big fat finishing oil
- 2 ribs celery sliced
- 0.3 cup champagne vinegar
- 0.5 cup cranberries dried
- 0.5 bunch parsley fresh finely chopped

- 2 cloves garlic smashed finely chopped
- 1 cup israeli couscous
- 4 servings kosher salt
- 3 scallions sliced

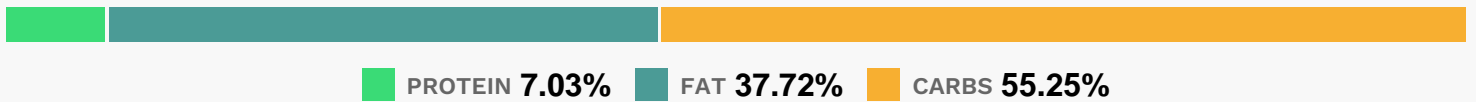
Equipment

- bowl
- sauce pan

Directions

- Watch how to make this recipe.
- Fill a medium saucepan with water.
- Add the bay leaves, smashed garlic and zest. Salt the water generously and bring it to a boil over medium-high heat. When boiling, add the couscous. Cook until cooked through, 7 to 8 minutes, and then drain. Discard the bay leaves, garlic and zest.
- Meanwhile, in a large bowl, toss together the chopped garlic, cranberries, vinegar, scallion whites and celery. Season with salt and let sit for 20 minutes to soften.
- Stir in the couscous, parsley and scallion greens.
- Drizzle with oil. Taste and re-season.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:47.75, Glycemic Load:20.56, Inflammation Score:-7, Nutrition Score:11.810000051623%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Apigenin: 15.92mg, Apigenin: 15.92mg, Apigenin: 15.92mg, Apigenin: 15.92mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.45mg, Myricetin: 1.45mg, Myricetin:

1.45mg, Myricetin: 1.45mg Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg, Quercetin: 1.77mg

Nutrients (% of daily need)

Calories: 344.88kcal (17.24%), Fat: 14.56g (22.4%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 47.99g (16%), Net Carbohydrates: 44.19g (16.07%), Sugar: 11.55g (12.84%), Cholesterol: 0mg (0%), Sodium: 221.72mg (9.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.1g (12.21%), Vitamin K: 152.5µg (145.24%), Manganese: 0.46mg (22.83%), Vitamin E: 2.93mg (19.51%), Vitamin A: 784.02IU (15.68%), Vitamin C: 12.72mg (15.42%), Fiber: 3.8g (15.2%), Vitamin B3: 1.79mg (8.97%), Phosphorus: 89.75mg (8.97%), Folate: 32.55µg (8.14%), Copper: 0.15mg (7.34%), Magnesium: 28.07mg (7.02%), Iron: 1.25mg (6.96%), Vitamin B5: 0.66mg (6.59%), Vitamin B1: 0.09mg (6.02%), Potassium: 207.38mg (5.93%), Vitamin B6: 0.1mg (4.97%), Calcium: 40.49mg (4.05%), Vitamin B2: 0.07mg (3.84%), Zinc: 0.53mg (3.55%)