



Israeli Couscous with Fresh Peas and Mint



Vegetarian



Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 3 cups chicken broth
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 cup peas fresh
- ☐ 2 cups israeli couscous
- ☐ 8 servings salt and pepper black freshly ground

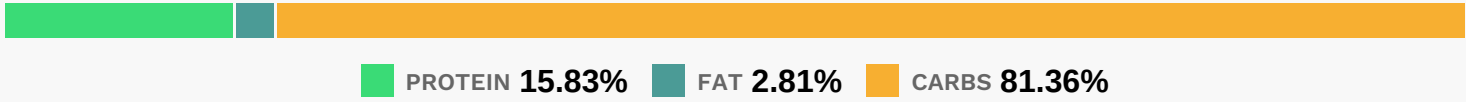
Equipment

- ☐ frying pan

Directions

- ☐ Bring broth and 1 cup water to a boil in a medium pan. Stir in couscous and peas. Lower heat to medium and cook, stirring frequently, until couscous and peas are tender, 5 to 10 minutes.
- ☐ Stir in mint and cook 1 minute.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:17.67, Glycemic Load:20.84, Inflammation Score:-3, Nutrition Score:6.2321738963542%

Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg, Luteolin: 0.36mg

Nutrients (% of daily need)

Calories: 182.93kcal (9.15%), Fat: 0.56g (0.86%), Saturated Fat: 0.08g (0.52%), Carbohydrates: 36.58g (12.19%), Net Carbohydrates: 33.16g (12.06%), Sugar: 1.41g (1.56%), Cholesterol: 1.76mg (0.59%), Sodium: 333.02mg (14.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.23%), Manganese: 0.49mg (24.71%), Fiber: 3.42g (13.68%), Vitamin B3: 2.11mg (10.56%), Vitamin C: 8.14mg (9.87%), Phosphorus: 97.99mg (9.8%), Vitamin B1: 0.14mg (9.25%), Copper: 0.16mg (8.06%), Magnesium: 28.09mg (7.02%), Vitamin B2: 0.12mg (6.88%), Folate: 23.55µg (5.89%), Vitamin B5: 0.57mg (5.69%), Iron: 0.94mg (5.24%), Vitamin A: 260.44IU (5.21%), Zinc: 0.67mg (4.49%), Vitamin K: 4.66µg (4.44%), Potassium: 148.38mg (4.24%), Vitamin B6: 0.08mg (4.08%), Calcium: 25.59mg (2.56%)