



 **13%**
HEALTH SCORE

Israeli Couscous with Moroccan-Roasted Butternut Squash

 Vegetarian  Vegan  Dairy Free

READY IN



28 min.

SERVINGS



3

CALORIES



380 kcal

SIDE DISH

Ingredients

- 3 tablespoons almonds toasted sliced
- 0.3 teaspoon pepper black
- 3 servings butternut squash
- 0.3 cup mint leaves fresh coarsely chopped
- 1.3 cups regular couscous
- 0.5 cup oil-cured olives pitted halved (12 olives)
- 0.3 teaspoon salt

2 cups water

Equipment

frying pan

sauce pan

Directions

Heat a medium saucepan over medium-high heat; coat pan with cooking spray.

Add couscous; saut 1 minute. Stir in water, salt, and pepper. Bring to a boil; reduce heat, and simmer 12 minutes or until liquid is absorbed.

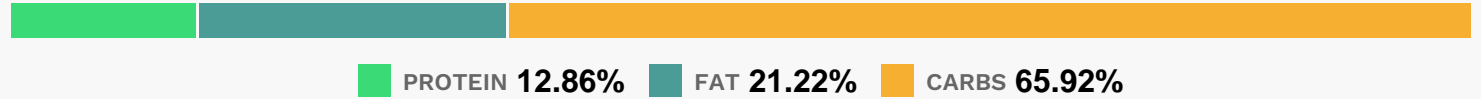
Remove from heat.

Add olives, mint, and almonds; toss well.

Divide couscous among 3 plates. Top evenly with Moroccan-Roasted Butternut Squash.

Serve with yogurt, and garnish with mint leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:35.67, Glycemic Load:35.89, Inflammation Score:-5, Nutrition Score:10.575217337712%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg, Catechin: 0.13mg Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg, Epigallocatechin: 0.26mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg, Eriodictyol: 1.18mg Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg, Hesperetin: 0.38mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg, Apigenin: 0.2mg Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg, Luteolin: 0.6mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 379.78kcal (18.99%), Fat: 8.96g (13.79%), Saturated Fat: 0.94g (5.86%), Carbohydrates: 62.65g (20.88%), Net Carbohydrates: 56.5g (20.54%), Sugar: 0.58g (0.64%), Cholesterol: 0mg (0%), Sodium: 561.61mg (24.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.22g (24.43%), Manganese: 0.89mg (44.46%), Fiber: 6.15g (24.62%), Vitamin E: 3.43mg (22.89%), Phosphorus: 181.53mg (18.15%), Copper: 0.36mg (17.92%), Magnesium: 68.12mg (17.03%), Vitamin B3: 3.15mg (15.73%), Vitamin B2: 0.19mg (10.9%), Vitamin B1: 0.15mg (10.22%), Vitamin B5: 1.02mg (10.16%), Iron: 1.52mg (8.43%), Calcium: 72.02mg (7.2%), Vitamin A: 355.04IU (7.1%), Zinc: 1.01mg (6.75%), Potassium: 236.02mg (6.74%), Folate: 24.85µg (6.21%), Vitamin B6: 0.11mg (5.56%), Vitamin C: 1.4mg (1.7%)