



# Kyle Bailey's Couscous from Scratch

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



854 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 2 bay leaves
- 1 cinnamon sticks
- 4 servings salt
- 1 quart semolina
- 1 pint water

## Equipment

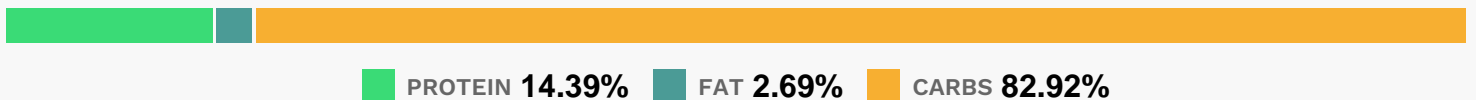
- bowl
- mixing bowl

- cheesecloth
- sifter
- steamer basket

## Directions

- In a large bowl, add a cup of semolina, a pinch of salt and a few drops of water.
- Mix with fingertips in circular motion until small balls form.
- Drizzle more water as necessary.
- Move the mixture to tamis (or drum sifter or similar fine mesh sifting device) to remove the fine semolina.
- Reserve the larger couscous to another bowl.
- Add the fine semolina dust back to the mixing bowl and repeat step 1 until there's no semolina left.
- Pick out the large pieces. In a couscoussier (or steamer basket) fitted with cheesecloth, add 1 cinnamon stick, 2 bay leaves and 2 tbsp salt to the water. Bring to boil.
- Steam couscous for 5 to 10 mins.
- Season with olive oil and steam for 5 to 10 more minutes.
- Serve immediately.

## Nutrition Facts



## Properties

Glycemic Index:14.75, Glycemic Load:88.08, Inflammation Score:-9, Nutrition Score:33.80913020962%

## Nutrients (% of daily need)

Calories: 854.04kcal (42.7%), Fat: 2.5g (3.84%), Saturated Fat: 0.36g (2.24%), Carbohydrates: 173.05g (57.68%), Net Carbohydrates: 163.35g (59.4%), Sugar: 0.02g (0.02%), Cholesterol: 0mg (0%), Sodium: 202.17mg (8.79%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.04g (60.08%), Selenium: 211.54µg (302.2%), Vitamin B1: 1.92mg (127.93%), Folate: 433.1µg (108.27%), Manganese: 1.62mg (81.09%), Vitamin B2: 1.35mg (79.5%), Vitamin B3: 14.18mg (70.92%), Iron: 10.41mg (57.84%), Fiber: 9.7g (38.82%), Phosphorus: 322.38mg (32.24%), Magnesium: 112.97mg (28.24%), Copper: 0.47mg (23.47%), Zinc: 2.51mg (16.76%), Vitamin B5: 1.38mg (13.75%), Potassium:

444.13mg (12.69%), Vitamin B6: 0.25mg (12.3%), Calcium: 53.07mg (5.31%), Vitamin E: 0.64mg (4.24%)