



Lemon Couscous

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



217 kcal

SIDE DISH

Ingredients

- 12 oz couscous
- 2 cups fat-skimmed chicken broth
- 6 servings half of a preserved lemon finely chopped (see notes)

Equipment

- frying pan

Directions

In a 1 1/2- to 2-quart pan over high heat, bring broth to a boil. Stir in couscous and preserved lemon. Cover, remove from heat, and let stand 5 minutes. Fluff couscous with a fork and serve.

Nutrition Facts

 **PROTEIN 14.49%**  **FAT 2.11%**  **CARBS 83.4%**

Properties

Glycemic Index:10.83, Glycemic Load:26.69, Inflammation Score:-1, Nutrition Score:4.8913043841072%

Nutrients (% of daily need)

Calories: 216.51kcal (10.83%), Fat: 0.49g (0.76%), Saturated Fat: 0.07g (0.42%), Carbohydrates: 44.04g (14.68%), Net Carbohydrates: 41.17g (14.97%), Sugar: 0.15g (0.16%), Cholesterol: 0mg (0%), Sodium: 315.15mg (13.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.65g (15.31%), Manganese: 0.45mg (22.53%), Vitamin B3: 2.4mg (12.01%), Fiber: 2.88g (11.53%), Phosphorus: 104.71mg (10.47%), Vitamin B5: 0.8mg (7.96%), Copper: 0.15mg (7.72%), Vitamin B1: 0.1mg (6.51%), Magnesium: 25.7mg (6.43%), Iron: 0.72mg (3.99%), Vitamin B6: 0.07mg (3.65%), Vitamin B2: 0.06mg (3.54%), Potassium: 116.82mg (3.34%), Zinc: 0.49mg (3.24%), Folate: 12.1µg (3.02%), Vitamin B12: 0.15µg (2.52%), Selenium: 1.66µg (2.38%), Calcium: 16.63mg (1.66%)