

Lemon Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



213 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons butter
- ☐ 10.8 ounce pinenut couscous mix toasted
- ☐ 2 cups chicken broth fat-free reduced-sodium
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon lemon rind grated
- ☐ 0.3 cup bell pepper diced red

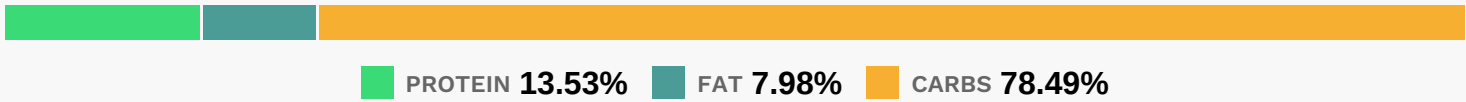
Equipment

☐ sauce pan

Directions

- ☐ Remove seasoning packet from couscous package.
- ☐ Combine broth, next 3 ingredients, and seasoning packet in a medium saucepan; bring to a boil over medium-high heat. Stir in couscous; cover, remove from heat, and let stand 10 minutes. Stir in parsley and bell pepper.
- ☐ Note: For testing purposes only, we used Near East Toasted Pine Nut Couscous
- ☐ Mix.

Nutrition Facts



Properties

Glycemic Index:21.5, Glycemic Load:24.14, Inflammation Score:-5, Nutrition Score:7.361304241678%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg, Quercetin: 0.07mg

Nutrients (% of daily need)

Calories: 212.96kcal (10.65%), Fat: 1.87g (2.87%), Saturated Fat: 0.35g (2.19%), Carbohydrates: 41.31g (13.77%), Net Carbohydrates: 38.4g (13.96%), Sugar: 0.86g (0.95%), Cholesterol: 0mg (0%), Sodium: 331.57mg (14.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.12g (14.24%), Vitamin C: 18.91mg (22.92%), Vitamin K: 22.27µg (21.21%), Manganese: 0.42mg (20.97%), Fiber: 2.92g (11.66%), Vitamin B3: 2.32mg (11.59%), Phosphorus: 99.59mg (9.96%), Vitamin A: 432.43IU (8.65%), Vitamin B5: 0.78mg (7.79%), Copper: 0.15mg (7.35%), Vitamin B1: 0.1mg (6.54%), Magnesium: 25.88mg (6.47%), Vitamin B6: 0.1mg (5.01%), Folate: 19.65µg (4.91%), Iron: 0.79mg (4.41%), Potassium: 148.52mg (4.24%), Vitamin B2: 0.07mg (3.97%), Zinc: 0.48mg (3.22%), Vitamin B12: 0.15µg (2.55%), Selenium: 1.69µg (2.42%), Calcium: 20.35mg (2.03%), Vitamin E: 0.22mg (1.44%)