

Lemon-Couscous Skillet Supper

 Vegetarian  Vegan  Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

Ingredients

- 15 ounces garbanzo beans rinsed drained canned
- 1 cup couscous uncooked
- 2 tablespoons parsley fresh chopped
- 1 cup baby lima beans frozen
- 2 cloves garlic finely chopped
- 1 teaspoon lemon zest grated
- 0.5 teaspoon lemon pepper
- 1 cup onion chopped

- 0.5 teaspoon oregano dried
- 14.5 ounces vegetable stock ready-to-serve canned
- 1 tablespoon vegetable oil

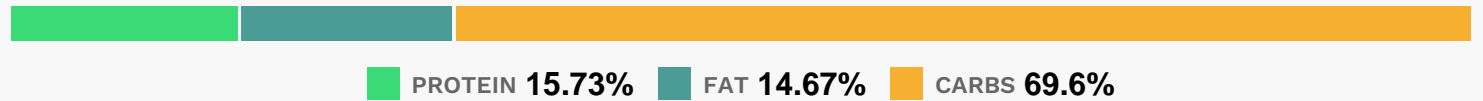
Equipment

- frying pan

Directions

- Heat oil in 10-inch skillet over medium-high heat. Cook onion and garlic in oil 3 to 5 minutes, stirring occasionally, until onion is crisp-tender.
- Stir in broth, garbanzo beans, lima beans, oregano and seasoning salt.
- Heat to boiling; reduce heat to low. Cover and simmer about 5 minutes or until lima beans are tender; remove from heat.
- Stir in couscous, parsley and lemon peel. Cover and let stand 5 minutes or until liquid is absorbed. Fluff couscous mixture with fork.

Nutrition Facts



Properties

Glycemic Index:69.08, Glycemic Load:25.87, Inflammation Score:-8, Nutrition Score:16.73695655491%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 365.97kcal (18.3%), Fat: 6.01g (9.25%), Saturated Fat: 0.86g (5.35%), Carbohydrates: 64.22g (21.41%), Net Carbohydrates: 53.92g (19.61%), Sugar: 2.63g (2.93%), Cholesterol: 0mg (0%), Sodium: 735.37mg (31.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.51g (29.02%), Manganese: 1.62mg (80.95%), Fiber: 10.3g (41.2%), Vitamin K: 41.2µg (39.24%), Vitamin B6: 0.69mg (34.43%), Phosphorus: 217.09mg (21.71%), Magnesium: 74.79mg

(18.7%), Copper: 0.35mg (17.52%), Iron: 3.04mg (16.86%), Folate: 58.09µg (14.52%), Potassium: 492.97mg (14.08%), Vitamin C: 10.25mg (12.42%), Vitamin B1: 0.18mg (11.69%), Vitamin B3: 2.17mg (10.83%), Vitamin B5: 1.01mg (10.06%), Zinc: 1.47mg (9.79%), Vitamin A: 487.62IU (9.75%), Calcium: 82.38mg (8.24%), Vitamin B2: 0.1mg (5.71%), Selenium: 3.43µg (4.9%), Vitamin E: 0.35mg (2.35%)