



Lemon Couscous With Peas and Carrots

 Vegetarian

READY IN



17 min.

SERVINGS



4

CALORIES



300 kcal

SIDE DISH

Ingredients

- 1.5 tablespoons butter
- 2 carrots minced
- 1.3 cups couscous
- 1 cup peas fresh shelled
- 3 tablespoons juice of lemon fresh
- 1.5 tablespoons lemon zest grated
- 1.5 cups chicken broth low sodium
- 4 servings salt and pepper to taste

0.3 cup water

Equipment

Nutrition Facts



Properties

Glycemic Index:51.54, Glycemic Load:27.82, Inflammation Score:-10, Nutrition Score:14.884347826087%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 300.48kcal (15.02%), Fat: 5.39g (8.29%), Saturated Fat: 2.96g (18.51%), Carbohydrates: 52.2g (17.4%), Net Carbohydrates: 46.31g (16.84%), Sugar: 4g (4.44%), Cholesterol: 11.29mg (3.76%), Sodium: 283.35mg (12.32%), Protein: 11.03g (22.07%), Vitamin A: 5505.64IU (110.11%), Manganese: 0.62mg (30.79%), Vitamin C: 23.56mg (28.55%), Fiber: 5.9g (23.58%), Vitamin B3: 4.18mg (20.89%), Phosphorus: 170.71mg (17.07%), Vitamin B1: 0.21mg (13.93%), Copper: 0.26mg (13.13%), Vitamin K: 13.38µg (12.75%), Folate: 42.87µg (10.72%), Potassium: 368.39mg (10.53%), Magnesium: 41.57mg (10.39%), Vitamin B6: 0.18mg (9.04%), Vitamin B5: 0.82mg (8.21%), Vitamin B2: 0.14mg (8.21%), Iron: 1.42mg (7.91%), Zinc: 1.08mg (7.19%), Calcium: 41.16mg (4.12%), Vitamin E: 0.39mg (2.62%), Vitamin B12: 0.1µg (1.62%), Selenium: 0.76µg (1.09%)