



## Lemon Couscous with Toasted Pine Nuts

 Vegetarian  Vegan  Dairy Free

READY IN



13 min.

SERVINGS



4

CALORIES



220 kcal

SIDE DISH

### Ingredients

- 1 teaspoon lemon rind grated
- 2 teaspoons olive oil extra-virgin
- 0.3 cup pinenuts toasted
- 0.3 teaspoon salt
- 1 cup water
- 0.7 cup couscous whole wheat uncooked

### Equipment

- sauce pan

## Directions

- Bring 1 cup water to a boil in a small saucepan. Stir in couscous and lemon rind.
- Remove from heat; cover and let stand 5 minutes.
- Add pine nuts and remaining ingredients; fluff with a fork.

## Nutrition Facts



## Properties

Glycemic Index:0, Glycemic Load:0, Inflammation Score:-1, Nutrition Score:4.5886957122256%

## Nutrients (% of daily need)

Calories: 219.97kcal (11%), Fat: 8.46g (13.02%), Saturated Fat: 0.69g (4.31%), Carbohydrates: 33.7g (11.23%), Net Carbohydrates: 29.87g (10.86%), Sugar: 1.01g (1.13%), Cholesterol: 0mg (0%), Sodium: 148.54mg (6.46%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.7g (13.39%), Manganese: 0.74mg (37.15%), Fiber: 3.82g (15.29%), Iron: 1.73mg (9.61%), Vitamin E: 1.08mg (7.18%), Copper: 0.12mg (6.07%), Vitamin K: 5.75µg (5.48%), Magnesium: 21.85mg (5.46%), Phosphorus: 48.58mg (4.86%), Zinc: 0.55mg (3.68%), Vitamin B1: 0.03mg (2.07%), Vitamin B3: 0.37mg (1.86%), Calcium: 17.71mg (1.77%), Potassium: 51.22mg (1.46%), Vitamin B2: 0.02mg (1.15%)