



Lemony Couscous with Spinach



Vegetarian



Vegan



Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup bell pepper green finely chopped
- ☐ 0.3 cup onion finely chopped
- ☐ 0.3 cup celery finely chopped
- ☐ 2 teaspoons olive oil
- ☐ 2 teaspoons juice of lemon
- ☐ 1 cup vegetable stock
- ☐ 1 cup couscous whole wheat uncooked
- ☐ 3 cups baby spinach fresh packed

- ☐ 2 teaspoons lemon zest grated
- ☐ 0.1 teaspoon pepper

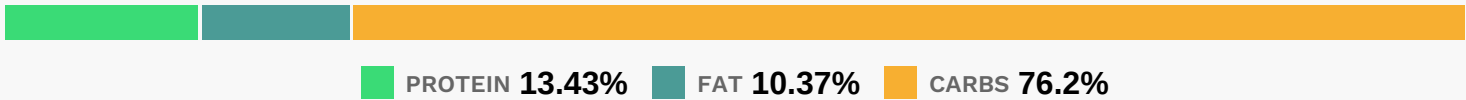
Equipment

- ☐ sauce pan

Directions

- ☐ In 3-quart saucepan, cook bell pepper, onion, celery, oil and lemon juice over medium heat about 4 minutes, stirring occasionally, until vegetables are crisp-tender.
- ☐ Stir in broth.
- ☐ Heat to boiling. Stir in couscous, spinach, lemon peel and pepper.
- ☐ Remove from heat. Cover; let stand 5 minutes. Uncover; fluff with fork.

Nutrition Facts



Properties

Glycemic Index:44.5, Glycemic Load:0.75, Inflammation Score:-9, Nutrition Score:12.340434793545%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg, Apigenin: 0.24mg Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg, Luteolin: 1.14mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg, Kaempferol: 1.53mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg, Quercetin: 3.38mg

Nutrients (% of daily need)

Calories: 253.78kcal (12.69%), Fat: 3.19g (4.91%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 52.76g (17.59%), Net Carbohydrates: 46.32g (16.84%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 260.6mg (11.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.3g (18.6%), Vitamin K: 113.87µg (108.44%), Vitamin A: 2342.86IU (46.86%), Vitamin C: 24.56mg (29.76%), Fiber: 6.43g (25.73%), Iron: 2.61mg (14.48%), Folate: 51.08µg (12.77%), Manganese: 0.25mg (12.72%), Potassium: 199.65mg (5.7%), Vitamin E: 0.85mg (5.64%), Magnesium: 21.97mg (5.49%), Vitamin B6: 0.11mg (5.34%), Calcium: 52.29mg (5.23%), Vitamin B2: 0.06mg (3.33%), Copper: 0.05mg

(2.53%), Vitamin B1: 0.04mg (2.39%), Phosphorus: 20.09mg (2.01%), Vitamin B3: 0.3mg (1.49%), Zinc: 0.18mg (1.17%)