



Lemony Saffron Couscous



Dairy Free



Popular

READY IN



30 min.

SERVINGS



8

CALORIES



319 kcal

SIDE DISH

Ingredients

- ☐ 8 servings suya seasoning mix with tight fitting lid, skillet, large mixing bowl
- ☐ 1 can garbanzo beans drained and rinsed (garbanzo beans)
- ☐ 1 pinch ground pepper (optional-- adds spice)
- ☐ 2.3 cups chicken broth (use "no chicken" broth to make it vegetarian/pareve)
- ☐ 2 cups couscous instant (one 12 oz. box)
- ☐ 0.3 cup olive oil extra virgin divided
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.3 cup juice of lemon fresh to taste

- ☐ 1 tsp lemon zest
- ☐ 0.3 cup pinenuts
- ☐ 0.3 tsp saffron threads
- ☐ 8 servings salt

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ mixing bowl
- ☐ mortar and pestle

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Lemony Saffron Couscous
- ☐ Ingredients1/4 tsp saffron threads2 1/4 cups chicken broth (use "no chicken" broth to make it vegetarian/pareve)1 tsp lemon zest1/4 cup extra virgin olive oil, divided2 cups instant couscous (about one 12 oz. box)1/3 cup pine nuts1/2 cup fresh chopped cilantro1 can chickpeas (garbanzo beans), drained and rinsed1/4 cup fresh lemon juice, or more to taste
- ☐ Small pinch of cayenne pepper (optional-- adds spice)Salt
- ☐ You will also need
- ☐ Spice mortar and pestle, large saucepan with tight fitting lid, skillet, large mixing bowl
- ☐ Prep Time: 5 Minutes
- ☐ Cook Time: 25 Minutes
- ☐ Total Time: 30 Minutes
- ☐ Servings: 8 side portions
- ☐ Kosher Key: Meat or Pareve depending on broth used

Nutrition Facts



Properties

Glycemic Index:30.54, Glycemic Load:22.46, Inflammation Score:-4, Nutrition Score:11.180869609118%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg, Quercetin: 0.56mg

Nutrients (% of daily need)

Calories: 318.72kcal (15.94%), Fat: 12.19g (18.75%), Saturated Fat: 1.4g (8.76%), Carbohydrates: 43.47g (14.49%), Net Carbohydrates: 38.1g (13.85%), Sugar: 0.74g (0.82%), Cholesterol: 1.32mg (0.44%), Sodium: 601.83mg (26.17%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 9.64g (19.29%), Manganese: 1.39mg (69.4%), Fiber: 5.37g (21.48%), Vitamin B6: 0.34mg (16.85%), Phosphorus: 156.5mg (15.65%), Vitamin K: 16.42µg (15.64%), Copper: 0.29mg (14.4%), Magnesium: 52.64mg (13.16%), Vitamin E: 1.75mg (11.64%), Iron: 1.96mg (10.88%), Vitamin B3: 2.04mg (10.21%), Vitamin B1: 0.13mg (8.5%), Zinc: 1.2mg (7.97%), Vitamin B5: 0.76mg (7.56%), Folate: 29.3µg (7.32%), Potassium: 225.61mg (6.45%), Vitamin B2: 0.1mg (6.02%), Calcium: 51.41mg (5.14%), Vitamin C: 3.7mg (4.48%), Selenium: 1.5µg (2.15%), Vitamin A: 101.84IU (2.04%)