



Lime Couscous with Mint

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



322 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce couscous
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup lime juice concentrate
- ☐ 1.8 cups chicken stock see low-sodium
- ☐ 1 tablespoon orange olive oil
- ☐ 0.5 teaspoon salt

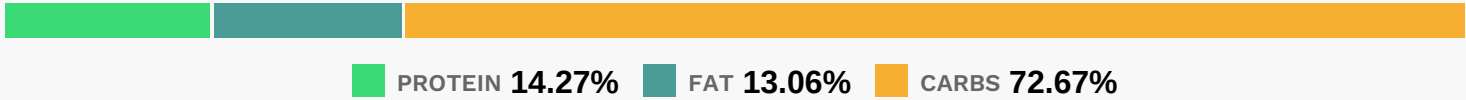
Equipment

☐ sauce pan

Directions

- ☐ In a medium saucepan over medium-high heat, bring chicken stock, lime juice concentrate, salt and orange olive oil to a boil.
- ☐ Stir in couscous, cover and remove from heat.
- ☐ Let stand 5 minutes.
- ☐ When ready to serve, fluff couscous with a fork and stir in mint and parsley.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:33.4, Inflammation Score:-5, Nutrition Score:11.005217460106%

Flavonoids

Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg, Eriodictyol: 1.49mg Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg, Hesperetin: 1.74mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 321.7kcal (16.09%), Fat: 4.65g (7.15%), Saturated Fat: 0.77g (4.79%), Carbohydrates: 58.19g (19.4%), Net Carbohydrates: 54.16g (19.69%), Sugar: 0.42g (0.47%), Cholesterol: 0mg (0%), Sodium: 332.38mg (14.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.42g (22.85%), Vitamin K: 63.7µg (60.66%), Manganese: 0.61mg (30.32%), Vitamin B3: 4.02mg (20.11%), Fiber: 4.03g (16.11%), Phosphorus: 158.49mg (15.85%), Vitamin C: 10.72mg (12.99%), Copper: 0.25mg (12.5%), Vitamin A: 482.76IU (9.66%), Magnesium: 38.31mg (9.58%), Vitamin B5: 0.93mg (9.27%), Vitamin B1: 0.13mg (8.37%), Iron: 1.44mg (8.01%), Potassium: 266.35mg (7.61%), Folate: 25.66µg (6.42%), Vitamin B2: 0.1mg (6.01%), Zinc: 0.79mg (5.24%), Vitamin B6: 0.1mg (5.11%), Calcium: 37.76mg (3.78%), Vitamin E: 0.57mg (3.77%), Vitamin B12: 0.1µg (1.72%)