



Mediterranean Breakfast Couscous

 Vegetarian

READY IN



8 min.

SERVINGS



4

CALORIES



420 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 4 teaspoons butter divided melted
- ☐ 1 stick cinnamon (2-inch)
- ☐ 6 teaspoons t brown sugar dark divided
- ☐ 0.5 cup apricot dried chopped
- ☐ 0.3 cup currants dried
- ☐ 3 cups milk 1% low-fat
- ☐ 0.3 teaspoon salt
- ☐ 1 cup couscous whole-wheat uncooked

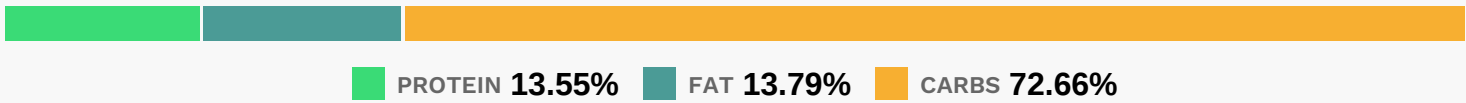
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ pot

Directions

- ☐ Combine milk and cinnamon stick in a large saucepan over medium-high heat; heat 3 minutes or until small bubbles form around inner edge of pot (about 180). Do not boil.
- ☐ Remove from heat; stir in couscous, apricots, currants, 4 teaspoons brown sugar, and salt. Cover the mixture, and let it stand 15 minutes.
- ☐ Remove and discard cinnamon stick. Divide couscous among each of 4 bowls, and top each with 1 teaspoon melted butter and 1/2 teaspoon brown sugar.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:28.35, Glycemic Load:4.65, Inflammation Score:-6, Nutrition Score:10.831304306569%

Nutrients (% of daily need)

Calories: 420.09kcal (21%), Fat: 6.89g (10.59%), Saturated Fat: 3.59g (22.43%), Carbohydrates: 81.65g (27.22%), Net Carbohydrates: 74.42g (27.06%), Sugar: 29.94g (33.27%), Cholesterol: 19.6mg (6.53%), Sodium: 253.79mg (11.03%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.23g (30.45%), Fiber: 7.23g (28.94%), Calcium: 275.62mg (27.56%), Vitamin A: 1066.67IU (21.33%), Phosphorus: 204.76mg (20.48%), Vitamin B12: 1.09µg (18.14%), Vitamin B2: 0.27mg (16.16%), Potassium: 552.84mg (15.8%), Iron: 2.59mg (14.38%), Vitamin D: 1.95µg (12.98%), Manganese: 0.24mg (12.14%), Vitamin B6: 0.16mg (8%), Vitamin B1: 0.12mg (7.88%), Magnesium: 30.85mg (7.71%), Vitamin B5: 0.74mg (7.43%), Selenium: 4.29µg (6.12%), Vitamin E: 0.89mg (5.9%), Zinc: 0.88mg (5.87%), Copper: 0.09mg (4.51%), Vitamin B3: 0.79mg (3.94%), Folate: 6.33µg (1.58%), Vitamin K: 1.6µg (1.52%)