



Mediterranean Couscous

 Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 2 teaspoons butter
- ☐ 3 tablespoons spring onion chopped
- ☐ 1 garlic clove finely chopped
- ☐ 1.5 cups water
- ☐ 0.5 teaspoon chicken soup base
- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 1 tablespoon basil dried fresh chopped

- ☐ 0.3 teaspoon pepper
- ☐ 1 cup to 3 sized squashes yellow chopped
- ☐ 0.8 cup tomatoes chopped

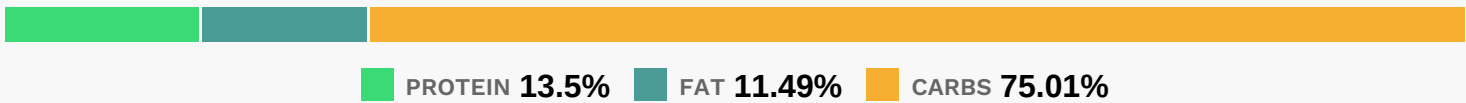
Equipment

- ☐ sauce pan

Directions

- ☐ Melt butter in 2-quart nonstick saucepan over medium-high heat. Cook onions and garlic in butter, stirring frequently, until onions are tender. Stir in water and bouillon granules.
- ☐ Heat to boiling; remove from heat.
- ☐ Stir in remaining ingredients. Cover and let stand about 5 minutes or until liquid is absorbed. Fluff lightly with fork.

Nutrition Facts



Properties

Glycemic Index:65.25, Glycemic Load:21.04, Inflammation Score:-6, Nutrition Score:11.604782580843%

Flavonoids

Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg, Myricetin: 0.6mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 197.36kcal (9.87%), Fat: 2.52g (3.87%), Saturated Fat: 0.53g (3.3%), Carbohydrates: 36.96g (12.32%), Net Carbohydrates: 33.49g (12.18%), Sugar: 1.56g (1.74%), Cholesterol: 0.03mg (0.01%), Sodium: 97.72mg (4.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.65g (13.31%), Vitamin K: 91.23µg (86.89%), Manganese: 0.56mg (27.93%), Vitamin C: 14.71mg (17.83%), Vitamin A: 747.61IU (14.95%), Fiber: 3.47g (13.89%), Iron: 1.87mg (10.37%), Phosphorus: 99.88mg (9.99%), Vitamin B3: 1.95mg (9.74%), Magnesium: 38.29mg (9.57%), Copper: 0.19mg (9.31%), Folate: 32.86µg (8.22%), Vitamin B6: 0.16mg (8.06%), Potassium: 278.01mg (7.94%), Vitamin B1: 0.1mg (6.87%), Vitamin B5: 0.64mg (6.43%), Vitamin B2: 0.1mg (5.97%), Calcium: 54.02mg (5.4%), Zinc: 0.64mg

(4.24%), Vitamin E: 0.43mg (2.83%)