



Mediterranean Couscous

 Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



231 kcal

SIDE DISH

Ingredients

- 4 ounces apricot dried diced finely
- 1.5 cup couscous instant
- 0.3 cup kalamata olives pitted chopped
- 6 servings kosher salt black
- 2 cups chicken stock low-sodium
- 3 spring onion thinly sliced

Equipment

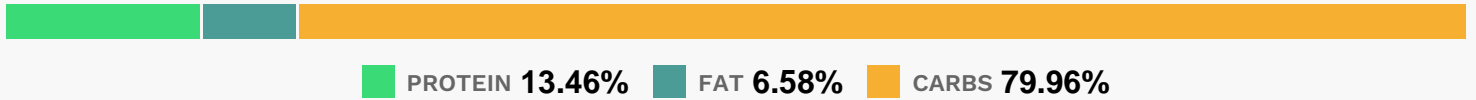
- bowl

- sauce pan
- mixing bowl
- plastic wrap

Directions

- Put the couscous in a large mixing bowl.
- Put the chicken stock and apricots in a saucepan, season with salt and pepper, and bring to a boil over medium-high heat.
- Pour the boiling liquid over the couscous, and shake the bowl to moisten every grain.
- Sprinkle the olives and scallions over the top and cover the bowl tightly with plastic wrap.
- Let stand 10 minutes, until the liquid is absorbed.
- To serve, season the couscous with salt and pepper and fluff with a fork.
- Serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:21.73, Glycemic Load:23.94, Inflammation Score:-6, Nutrition Score:7.2686956706254%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 230.83kcal (11.54%), Fat: 1.72g (2.64%), Saturated Fat: 0.31g (1.94%), Carbohydrates: 46.92g (15.64%), Net Carbohydrates: 43.04g (15.65%), Sugar: 10.36g (11.52%), Cholesterol: 0mg (0%), Sodium: 312.32mg (13.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.9g (15.8%), Manganese: 0.39mg (19.59%), Vitamin B3: 3.12mg (15.61%), Fiber: 3.88g (15.54%), Vitamin A: 763.07IU (15.26%), Vitamin K: 13.08µg (12.46%), Phosphorus: 112.99mg (11.3%), Copper: 0.22mg (11.18%), Potassium: 377.65mg (10.79%), Vitamin E: 1.07mg (7.1%), Iron: 1.25mg (6.96%), Magnesium: 27.69mg (6.92%), Vitamin B5: 0.64mg (6.41%), Vitamin B1: 0.08mg (5.19%), Vitamin B2: 0.08mg (4.5%), Vitamin B6: 0.09mg (4.39%), Folate: 14.55µg (3.64%), Zinc: 0.54mg (3.58%), Calcium: 31.29mg (3.13%), Vitamin C: 1.32mg (1.6%), Vitamin B12: 0.08µg (1.31%)