



Mediterranean Couscous and Beans

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



517 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 3 cups vegetable stock (from 32-oz carton)
- ☐ 2 cups couscous uncooked
- ☐ 0.5 cup currants
- ☐ 0.3 teaspoon pepper
- ☐ 0.1 teaspoon ground pepper red (cayenne)
- ☐ 0.5 cup tomatoes chopped
- ☐ 15 oz garbanzo beans rinsed drained canned (garbanzo beans)
- ☐ 0.3 cup feta cheese crumbled

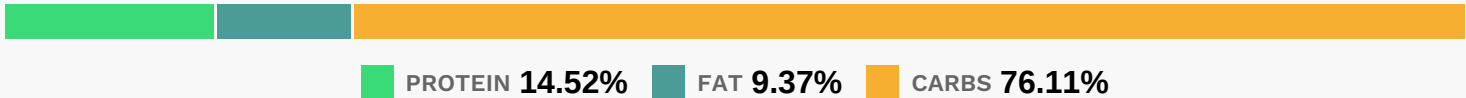
Equipment

☐ sauce pan

Directions

- ☐ Heat broth to boiling in 3-quart saucepan. Stir in remaining ingredients except cheese; remove from heat.
- ☐ Cover and let stand about 5 minutes or until liquid is absorbed; stir gently.
- ☐ Sprinkle each serving with cheese.

Nutrition Facts



Properties

Glycemic Index:76.08, Glycemic Load:49.25, Inflammation Score:-6, Nutrition Score:17.07304344877%

Flavonoids

Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg, Quercetin: 0.11mg

Nutrients (% of daily need)

Calories: 516.8kcal (25.84%), Fat: 5.41g (8.32%), Saturated Fat: 2g (12.53%), Carbohydrates: 98.76g (32.92%), Net Carbohydrates: 88.69g (32.25%), Sugar: 13.21g (14.68%), Cholesterol: 11.13mg (3.71%), Sodium: 1160.41mg (50.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.84g (37.69%), Manganese: 1.67mg (83.53%), Fiber: 10.07g (40.27%), Vitamin B6: 0.72mg (36.05%), Phosphorus: 296.89mg (29.69%), Copper: 0.45mg (22.34%), Magnesium: 77.98mg (19.49%), Vitamin B3: 3.69mg (18.45%), Vitamin B5: 1.54mg (15.4%), Vitamin B1: 0.23mg (15.35%), Iron: 2.73mg (15.16%), Potassium: 491.35mg (14.04%), Calcium: 137.94mg (13.79%), Folate: 52.56µg (13.14%), Vitamin B2: 0.22mg (12.87%), Vitamin A: 639.09IU (12.78%), Zinc: 1.91mg (12.75%), Selenium: 4.14µg (5.91%), Vitamin C: 3.55mg (4.31%), Vitamin B12: 0.21µg (3.52%), Vitamin K: 2.55µg (2.42%), Vitamin E: 0.16mg (1.09%)