

Minted Couscous

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon butter
- ☐ 1 cup chicken stock see
- ☐ 1 cup couscous
- ☐ 8 mint leaves fresh chopped
- ☐ 1 clove garlic minced
- ☐ 1 lemon zest
- ☐ 1 teaspoon olive oil extra-virgin
- ☐ 4 servings salt and pepper black freshly ground

☐ 1 scallion finely chopped

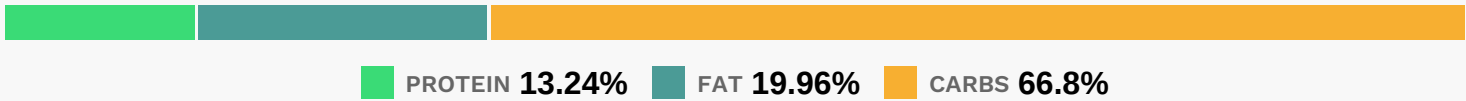
Equipment

- ☐ bowl
- ☐ pot
- ☐ plastic wrap

Directions

- ☐ In a bowl, stir together the couscous, garlic, lemon zest, scallions, a pinch of salt and a grind or 2 of pepper. In a pot on high heat, bring the chicken stock and butter to a boil. Immediately pour over the couscous mixture, then quickly cover tightly with a lid or plastic wrap.
- ☐ Let sit for 5 minutes.
- ☐ Add the mint, fluff with a fork and stir in the olive oil.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:20.49, Inflammation Score:-3, Nutrition Score:5.5034782202995%

Flavonoids

Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg, Eriodictyol: 0.62mg Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg, Hesperetin: 0.2mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 222.59kcal (11.13%), Fat: 4.87g (7.49%), Saturated Fat: 2.19g (13.68%), Carbohydrates: 36.68g (12.23%), Net Carbohydrates: 34.08g (12.39%), Sugar: 1.09g (1.21%), Cholesterol: 9.32mg (3.11%), Sodium: 113.99mg (4.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 7.27g (14.54%), Manganese: 0.39mg (19.55%), Vitamin B3: 2.52mg (12.61%), Fiber: 2.6g (10.4%), Phosphorus: 94.62mg (9.46%), Copper: 0.15mg (7.66%), Vitamin K: 7.35µg (7%), Vitamin B1: 0.1mg (6.5%), Magnesium: 24.28mg (6.07%), Vitamin B2: 0.1mg (5.64%), Vitamin B5: 0.56mg (5.61%), Vitamin B6: 0.1mg (5.04%), Potassium: 162.04mg (4.63%), Iron: 0.78mg (4.33%), Vitamin C: 3.49mg

(4.23%), Vitamin A: 205.5IU (4.11%), Folate: 16.19µg (4.05%), Zinc: 0.49mg (3.29%), Calcium: 23.86mg (2.39%),
Selenium: 1.49µg (2.14%), Vitamin E: 0.27mg (1.77%)