



Minted Couscous



Dairy Free

READY IN

ready

45 min.

SERVINGS

servings

2

CALORIES

calories

227 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup couscous uncooked
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon stick margarine
- ☐ 0.8 cup water

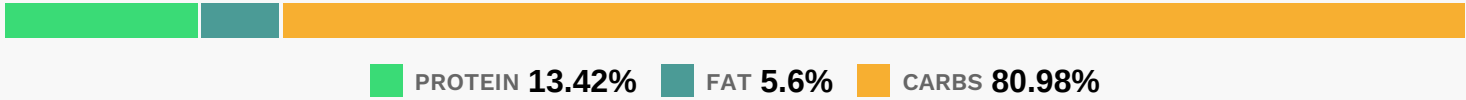
Equipment

- ☐ sauce pan

Directions

- ☐
- Bring water, butter, and salt to a boil in a medium saucepan, and gradually stir in couscous.
- ☐
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork, and stir in mint.

Nutrition Facts



Properties

Glycemic Index:32.5, Glycemic Load:27.15, Inflammation Score:-2, Nutrition Score:4.9113043295624%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg

Nutrients (% of daily need)

Calories: 227.44kcal (11.37%), Fat: 1.38g (2.13%), Saturated Fat: 0.28g (1.75%), Carbohydrates: 45.03g (15.01%), Net Carbohydrates: 41.95g (15.26%), Sugar: 0g (0%), Cholesterol: 0mg (0%), Sodium: 313.28mg (13.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.46g (14.93%), Manganese: 0.48mg (24%), Fiber: 3.08g (12.33%), Vitamin B3: 2.06mg (10.28%), Phosphorus: 100.14mg (10.01%), Copper: 0.17mg (8.25%), Vitamin B5: 0.73mg (7.26%), Magnesium: 28.31mg (7.08%), Vitamin B1: 0.1mg (6.41%), Iron: 0.75mg (4.18%), Folate: 14.4µg (3.6%), Zinc: 0.52mg (3.44%), Vitamin B6: 0.07mg (3.34%), Potassium: 110.53mg (3.16%), Vitamin B2: 0.05mg (3.06%), Vitamin A: 150.28IU (3.01%), Calcium: 23.13mg (2.31%)