



Moroccan Couscous

 Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



439 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 teaspoon peppercorns black
- 2 cardamom pods
- 0.3 teaspoon cayenne pepper
- 1 cinnamon sticks
- 1 teaspoon coriander seeds
- 1 teaspoon cumin seeds
- 1 teaspoon ground ginger
- 4 servings kosher salt

- 1 teaspoons juice of lemon fresh
- 3 cups chicken broth low-sodium warmed
- 0.5 teaspoon nutmeg freshly grated
- 1 teaspoon turmeric
- 3 tablespoons butter unsalted
- 0.5 teaspoon peppercorns white
- 1 teaspoon allspice whole
- 12 ounces couscous whole-wheat

Equipment

- food processor
- bowl
- frying pan

Directions

- Make the spice blend: Toast the cinnamon stick, both peppercorns, cumin, coriander, allspice, cloves and cardamom in a small dry skillet over medium heat until fragrant, 2 minutes; let cool. Grind in a spice grinder or mini food processor with the ginger, turmeric, cayenne, nutmeg and 1 teaspoon salt. Store in an airtight container for up to 2 weeks; use leftover spice blend as a rub for meat or fish.
- Heat the butter, 1 1/2 teaspoons spice blend and the saffron, if desired, in a large skillet over medium-high heat until lightly toasted, about 1 minute.
- Add the couscous and stir until toasted, about 1 minute. Stir in the warm broth, remove from the heat, cover and set aside until the couscous is plump, about 7 minutes.
- Add the lemon juice and fluff with a fork.
- Transfer to a bowl and sprinkle with 1/2 teaspoon spice blend.
- Photograph by Marcus Nilsson

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:0.34, Inflammation Score:-10, Nutrition Score:7.8752174027588%

Flavonoids

Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg, Eriodictyol: 0.06mg Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg, Hesperetin: 0.18mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg

Nutrients (% of daily need)

Calories: 438.83kcal (21.94%), Fat: 11.69g (17.98%), Saturated Fat: 5.88g (36.76%), Carbohydrates: 77.12g (25.71%), Net Carbohydrates: 67.68g (24.61%), Sugar: 1.91g (2.12%), Cholesterol: 22.58mg (7.53%), Sodium: 250.94mg (10.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.23g (32.45%), Manganese: 0.88mg (43.93%), Fiber: 9.44g (37.75%), Iron: 4.3mg (23.86%), Vitamin B3: 2.62mg (13.12%), Calcium: 77.14mg (7.71%), Copper: 0.14mg (7.19%), Phosphorus: 69.89mg (6.99%), Potassium: 236.85mg (6.77%), Vitamin A: 336.49IU (6.73%), Vitamin B2: 0.07mg (4.06%), Magnesium: 15.14mg (3.78%), Vitamin B12: 0.19µg (3.25%), Vitamin K: 3.01µg (2.86%), Zinc: 0.41mg (2.71%), Vitamin B6: 0.05mg (2.32%), Vitamin E: 0.35mg (2.31%), Vitamin C: 1.72mg (2.08%), Vitamin D: 0.16µg (1.05%), Selenium: 0.71µg (1.02%)