



Moroccan Couscous



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



243 kcal

SIDE DISH

Ingredients

- ☐ 14.5 ounce garbanzo beans low sodium rinsed drained canned
- ☐ 1.5 cups chicken broth
- ☐ 1.5 cups couscous
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.5 cup golden raisins
- ☐ 0.3 teaspoon ground allspice
- ☐ 0.5 teaspoon ground cardamom
- ☐ 0.1 teaspoon ground pepper

- ☐ 0.3 teaspoon ground cloves
- ☐ 0.3 teaspoon ground coriander
- ☐ 1.3 teaspoons ground cumin
- ☐ 0.5 teaspoon ground ginger
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup orange juice
- ☐ 1 orange zest grated
- ☐ 1 onion red thinly sliced cut in half and
- ☐ 1 bell pepper green red yellow cut into 1" pieces
- ☐ 2 zucchini's halved lengthwise cut into 3/4 inch pieces

Equipment

- ☐ pot

Directions

- ☐ Place a large, heavy bottomed pot over medium heat. Stir in the cumin, ginger, cloves, cayenne, cardamom, coriander, and allspice; gently toast until fragrant, about 2 to 3 minutes. Stir in oil and onion, cook until softened. Stir in the bell pepper, and zucchini; cook for 5 minutes. Stir in the raisins, salt, zest, and garbanzos.
- ☐ Pour in the chicken broth and orange juice; turn heat to high and bring to a boil. When the mixture is boiling, stir in the couscous and remove from heat; cover, and let stand 5 minutes. Fluff with a fork, and fold in chopped mint.

Nutrition Facts



Properties

Glycemic Index:39.13, Glycemic Load:22.31, Inflammation Score:-6, Nutrition Score:12.481304392866%

Flavonoids

Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg, Eriodictyol: 0.61mg Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg, Hesperetin: 2.04mg Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg, Naringenin: 0.33mg Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg, Apigenin: 0.1mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg, Quercetin: 3.53mg

Nutrients (% of daily need)

Calories: 242.85kcal (12.14%), Fat: 3.46g (5.32%), Saturated Fat: 0.48g (2.99%), Carbohydrates: 45.91g (15.3%), Net Carbohydrates: 40.32g (14.66%), Sugar: 8.68g (9.64%), Cholesterol: 0.88mg (0.29%), Sodium: 607.75mg (26.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.9%), Vitamin C: 47.92mg (58.09%), Manganese: 1mg (49.83%), Fiber: 5.6g (22.39%), Vitamin B6: 0.44mg (22.21%), Phosphorus: 141.41mg (14.14%), Copper: 0.27mg (13.26%), Potassium: 439.15mg (12.55%), Magnesium: 49.48mg (12.37%), Folate: 45.2µg (11.3%), Iron: 1.88mg (10.44%), Vitamin B3: 1.91mg (9.55%), Vitamin B1: 0.13mg (8.79%), Vitamin B2: 0.14mg (8.41%), Vitamin B5: 0.76mg (7.59%), Zinc: 0.96mg (6.38%), Calcium: 58.68mg (5.87%), Vitamin A: 271.01IU (5.42%), Vitamin K: 3.68µg (3.5%), Vitamin E: 0.38mg (2.51%), Selenium: 1.62µg (2.32%)