



Moroccan CousCous



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



355 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon chili powder
- ☐ 0.3 cup cilantro leaves finely chopped
- ☐ 0.5 teaspoon coriander powder
- ☐ 0.5 teaspoon cumin seeds
- ☐ 0.8 cup couscous dry
- ☐ 0.8 teaspoon garam masala powder
- ☐ 3 drops juice of lemon
- ☐ 2 teaspoons oil

- ☐ 1 onion thinly sliced
- ☐ 1.5 cups soy chunks dry
- ☐ 0.8 cup water

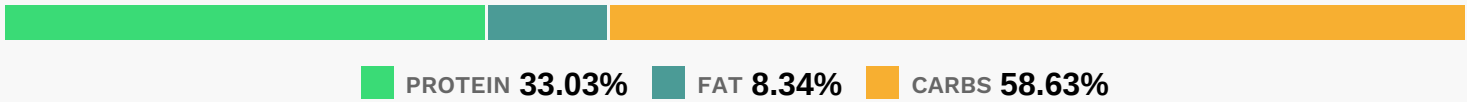
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ stove

Directions

- ☐ In a medium size sauce pan pour 3/4th cup of water and let it boil. Once the water is boiling, switch off the stove and remove the pan from the stove and set aside. Now add 2 drops of oil, pinch of salt and the couscous; stir it with a fork and close the pan with a lid.Cook the soy chunks/nuggets as per the package instructions. (In a medium pan add about 4 cups of water and let it boil. Once it boils, switch off the stove, add a teaspoon of salt and the soy chunks and leave it aside for 15 minutes. Then drain the water and squeeze out the excess water from the soy chunks and keep it ready). The soy chunks will be very hot, so pour some cold water and leave it for sometime before squeezing.In a large skillet add the oil. When the oil is hot enough add the cumin seeds and let it crackle.Then add the sliced onions and a pinch of salt. Fry the onions and then add the cut peppers and the seasonings. Also include the soy chunks and sautee it a couple of times.Now depending on the size of the pan you are using add 1/2 to 3/4 cup of water to the vegetable mixture and let it cook. The water should be absorbed and the vegetables should also be cooked.Now add the cooked couscous to the vegetables and mix it well.
- ☐ Drizzle few drops of lemon juice, cilantro and mix it once again.

Nutrition Facts



Properties

Glycemic Index:43, Glycemic Load:21.13, Inflammation Score:-4, Nutrition Score:8.3904348236063%

Flavonoids

Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg, Quercetin: 8.15mg

Nutrients (% of daily need)

Calories: 355.38kcal (17.77%), Fat: 3.21g (4.94%), Saturated Fat: 0.28g (1.72%), Carbohydrates: 50.74g (16.91%), Net Carbohydrates: 40.12g (14.59%), Sugar: 7.21g (8.01%), Cholesterol: 0mg (0%), Sodium: 16.97mg (0.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.58g (57.16%), Fiber: 10.62g (42.49%), Iron: 5.88mg (32.69%), Manganese: 0.41mg (20.54%), Calcium: 176.36mg (17.64%), Phosphorus: 88.4mg (8.84%), Vitamin B3: 1.61mg (8.05%), Copper: 0.14mg (7.08%), Magnesium: 26.26mg (6.57%), Vitamin B1: 0.09mg (6.12%), Vitamin K: 6.38µg (6.07%), Vitamin B5: 0.59mg (5.93%), Vitamin B6: 0.1mg (4.95%), Vitamin C: 3.56mg (4.31%), Potassium: 146.74mg (4.19%), Folate: 16.72µg (4.18%), Vitamin E: 0.58mg (3.89%), Zinc: 0.47mg (3.15%), Vitamin B2: 0.05mg (2.92%), Vitamin A: 144.42IU (2.89%)