



HEALTH SCORE

100%

Moroccan Couscous Peppers



Vegetarian



Dairy Free



Very Healthy

READY IN

**45 min.**

SERVINGS

**2**

CALORIES

**365 kcal**

SIDE DISH

Ingredients

- ☐ 0.3 cup rome apple peeled chopped
- ☐ 0.3 cup celery sliced
- ☐ 0.5 cup couscous uncooked
- ☐ 1 tablespoon parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.8 cup low-salt chicken broth
- ☐ 0.3 cup mushrooms sliced

- ☐ 1 teaspoon olive oil
- ☐ 0.5 cup onion chopped
- ☐ 0.3 teaspoon pepper
- ☐ 1 tablespoon pinenuts toasted
- ☐ 2 tablespoons raisins
- ☐ 1 pound bell peppers red
- ☐ 0.3 teaspoon salt

Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ Preheat oven to 35
- ☐ Cut tops off bell peppers; discard tops, seeds, and membranes. Cook peppers in boiling water 5 minutes; drain and set aside.
- ☐ Coat a large nonstick skillet with cooking spray, and place over medium-high heat until hot.
- ☐ Add onion, mushrooms, celery, apple, and garlic; saut 3 minutes.
- ☐ Remove from heat; set aside.
- ☐ Combine broth, salt, cumin, pepper, and turmeric in a medium saucepan. Bring to a boil; stir in couscous and oil.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Add onion mixture, raisins, pine nuts, and parsley; stir well. Divide couscous mixture evenly between peppers.
- ☐ Place stuffed peppers in an 8-inch square baking dish; bake at 350 for 15 minutes.

Nutrition Facts



 PROTEIN **12.23%**  FAT **16.86%**  CARBS **70.91%**

Properties

Glycemic Index:188.9, Glycemic Load:31.27, Inflammation Score:-10, Nutrition Score:28.861304227425%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg, Epicatechin: 1.18mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg, Apigenin: 4.67mg Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg, Luteolin: 1.57mg Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg, Isorhamnetin: 2mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg, Quercetin: 9.35mg

Nutrients (% of daily need)

Calories: 364.53kcal (18.23%), Fat: 7.21g (11.08%), Saturated Fat: 0.93g (5.84%), Carbohydrates: 68.2g (22.73%), Net Carbohydrates: 58.51g (21.28%), Sugar: 13.59g (15.1%), Cholesterol: 0mg (0%), Sodium: 349.27mg (15.19%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.76g (23.52%), Vitamin C: 298.62mg (361.96%), Vitamin A: 7341.52IU (146.83%), Manganese: 1.22mg (60.82%), Vitamin K: 52.46µg (49.96%), Vitamin B6: 0.85mg (42.39%), Fiber: 9.69g (38.78%), Folate: 132.93µg (33.23%), Vitamin E: 4.44mg (29.58%), Vitamin B3: 5.91mg (29.57%), Potassium: 951.12mg (27.17%), Phosphorus: 230.81mg (23.08%), Vitamin B2: 0.37mg (21.58%), Copper: 0.38mg (18.87%), Magnesium: 74.16mg (18.54%), Vitamin B1: 0.27mg (17.86%), Iron: 2.83mg (15.75%), Vitamin B5: 1.57mg (15.69%), Zinc: 1.57mg (10.48%), Calcium: 59.45mg (5.95%), Selenium: 1.96µg (2.8%), Vitamin B12: 0.09µg (1.55%)