



Mushroom Couscous

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



5

CALORIES



110 kcal

SIDE DISH

Ingredients

- 0.7 cup couscous uncooked
- 0.8 pound mushrooms fresh sliced
- 2 cloves garlic minced
- 0.1 teaspoon ground pepper red
- 0.5 cup onion chopped
- 0.3 teaspoon salt
- 1 cup water

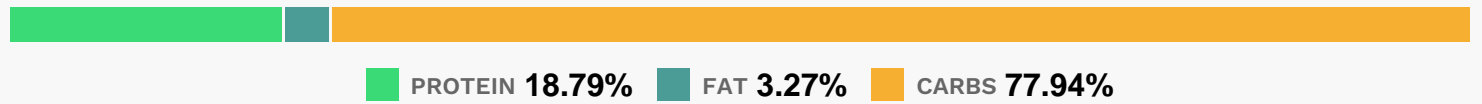
Equipment

sauce pan

Directions

- Coat a large saucepan with cooking spray; place over medium-high heat until hot.
- Add mushrooms, onion, and garlic; saute until tender. Stir in water, salt, and pepper; bring to a boil.
- Remove saucepan from heat.
- Stir in couscous; cover and let stand 5 minutes or until couscous is tender and liquid is absorbed. Fluff couscous with a fork.

Nutrition Facts



Properties

Glycemic Index:37.2, Glycemic Load:11.8, Inflammation Score:-2, Nutrition Score:6.4682608094552%

Flavonoids

Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg, Quercetin: 3.27mg

Nutrients (% of daily need)

Calories: 110.05kcal (5.5%), Fat: 0.41g (0.63%), Saturated Fat: 0.07g (0.44%), Carbohydrates: 22g (7.33%), Net Carbohydrates: 19.85g (7.22%), Sugar: 2.04g (2.27%), Cholesterol: 0mg (0%), Sodium: 125.21mg (5.44%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.3g (10.61%), Vitamin B2: 0.3mg (17.51%), Vitamin B3: 3.29mg (16.46%), Copper: 0.29mg (14.55%), Vitamin B5: 1.33mg (13.32%), Manganese: 0.25mg (12.7%), Phosphorus: 104.35mg (10.43%), Selenium: 6.58µg (9.4%), Fiber: 2.14g (8.58%), Potassium: 283.86mg (8.11%), Vitamin B1: 0.1mg (6.84%), Vitamin B6: 0.13mg (6.57%), Folate: 19.31µg (4.83%), Magnesium: 18.73mg (4.68%), Zinc: 0.59mg (3.95%), Vitamin C: 3.03mg (3.67%), Iron: 0.65mg (3.6%), Calcium: 14.99mg (1.5%)