



## Orange and Almond Couscous

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



348 kcal

SIDE DISH

### Ingredients

- 0.3 cup almonds sliced
- 1.5 cups chicken broth
- 1.5 cups couscous plain
- 2 tablespoons flat-leaf parsley chopped
- 1 tablespoon olive oil extra-virgin
- 2 orange zest

### Equipment

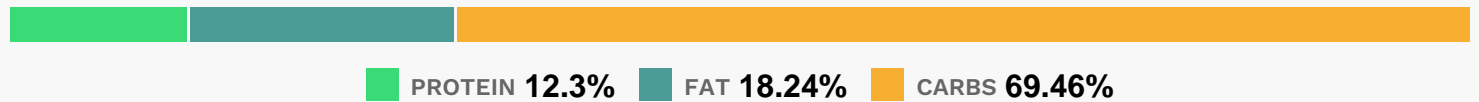
- pot

stove

## Directions

- Toast nuts in the bottom of a medium saucepot over medium heat.
- Transfer toasted nuts to a dish and reserve. Return pot to the stove top.
- Add broth and oil, cover pot and raise heat; bring the broth to a boil.
- Remove pot from heat, immediately.
- Add couscous, orange zest and parsley, then stir. Cover and let couscous stand 5 minutes. Fluff cooked couscous with fork and toss with toasted almonds.
- TIDBIT: Slice zested oranges and serve them after dinner.

## Nutrition Facts



## Properties

Glycemic Index:26.75, Glycemic Load:30.61, Inflammation Score:-6, Nutrition Score:13.185652125141%

## Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Hesperetin: 15.31mg, Hesperetin: 15.31mg, Hesperetin: 15.31mg Naringenin: 4.99mg, Naringenin: 4.99mg, Naringenin: 4.99mg, Naringenin: 4.99mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.52mg, Luteolin: 0.52mg, Luteolin: 0.52mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

## Nutrients (% of daily need)

Calories: 348.47kcal (17.42%), Fat: 7.09g (10.91%), Saturated Fat: 0.8g (5.02%), Carbohydrates: 60.77g (20.26%), Net Carbohydrates: 55.2g (20.07%), Sugar: 6.6g (7.33%), Cholesterol: 1.76mg (0.59%), Sodium: 335.38mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.76g (21.51%), Vitamin C: 44.03mg (53.37%), Manganese: 0.7mg (35.07%), Vitamin K: 34.91µg (33.24%), Fiber: 5.57g (22.27%), Phosphorus: 158.73mg (15.87%), Vitamin B3: 2.99mg (14.94%), Vitamin E: 2.13mg (14.21%), Magnesium: 53.65mg (13.41%), Copper: 0.26mg (13.15%), Vitamin B1: 0.19mg (12.36%), Vitamin B2: 0.21mg (12.11%), Folate: 42.35µg (10.59%), Vitamin B5: 1.03mg (10.32%), Potassium:

293.02mg (8.37%), Vitamin A: 343.2IU (6.86%), Vitamin B6: 0.14mg (6.82%), Calcium: 67.46mg (6.75%), Iron: 1.21mg (6.72%), Zinc: 0.86mg (5.71%)