



Orange-Scented Couscous With Moroccan Dressing

READY IN



15 min.

SERVINGS



8

CALORIES



220 kcal

SIDE DISH

Ingredients

- 1 tablespoon butter
- 0.5 cup golden raisins
- 0.5 teaspoon salt
- 8 servings moroccan dressing
- 0.3 cup slivered almonds
- 4 regular-size tea bags orange-flavored
- 12 oz couscous whole wheat

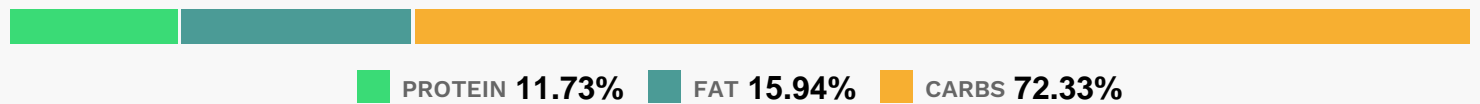
Equipment

- frying pan
- sauce pan

Directions

- Heat 1/4 cup slivered almonds in a small nonstick skillet over medium-low heat, stirring often, 2 to 4 minutes or until toasted.
- Bring 3 cups water to a boil in a medium saucepan; add tea bags, and remove from heat. Cover and steep 5 minutes.
- Remove and discard tea bags, without squeezing. Stir in butter and salt. Bring tea mixture to a boil; stir in couscous. Cover and cook 2 more minutes or until liquid is absorbed; remove from heat.
- Let stand, covered, 5 minutes.
- Fluff couscous with a fork, and stir in almonds, raisins, and Moroccan Dressing until well blended.
- Note: For testing purposes only, we used Fantastic World Foods Organic Whole Wheat Couscous.

Nutrition Facts



Properties

Glycemic Index:14.58, Glycemic Load:3.91, Inflammation Score:-1, Nutrition Score:2.8169565134398%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 220.17kcal (11.01%), Fat: 4.23g (6.51%), Saturated Fat: 1.09g (6.84%), Carbohydrates: 43.22g (14.41%), Net Carbohydrates: 38.71g (14.08%), Sugar: 6.47g (7.19%), Cholesterol: 4.17mg (1.39%), Sodium: 166.22mg (7.23%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.01g (14.02%), Fiber: 4.51g (18.06%), Iron: 1.64mg (9.09%), Vitamin E: 0.95mg (6.31%), Manganese: 0.11mg (5.32%), Copper: 0.07mg (3.4%), Vitamin B2: 0.06mg (3.35%), Magnesium: 12.35mg (3.09%), Calcium: 29.37mg (2.94%), Phosphorus: 27.5mg (2.75%), Potassium: 93.14mg (2.66%), Vitamin B6: 0.03mg (1.7%), Vitamin B3: 0.23mg (1.14%), Vitamin K: 1.1µg (1.05%)