



Pea and Mint Couscous



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



249 kcal

SIDE DISH

Ingredients

- ☐ 0.7 cup couscous
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 2 teaspoons juice of lemon fresh
- ☐ 0.5 cup peas frozen
- ☐ 0.5 teaspoon salt
- ☐ 0.7 cup water

Equipment

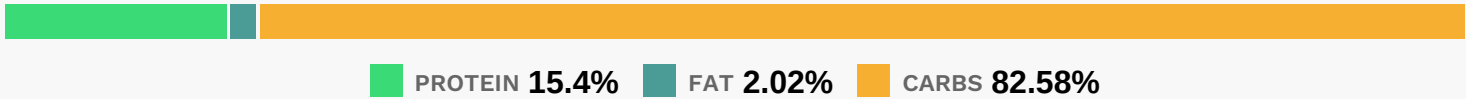
- ☐ frying pan

☐ sauce pan

Directions

- ☐ In a small saucepan bring water to a boil with salt.
- ☐ Add peas and return water to a boil. Stir in couscous and cover pan. Immediately remove pan from heat and let couscous stand, covered, 5 minutes. Fluff couscous with a fork and stir in mint, lemon juice, and salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:54.67, Glycemic Load:28.55, Inflammation Score:-5, Nutrition Score:8.9365216778672%

Flavonoids

Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 249.04kcal (12.45%), Fat: 0.55g (0.85%), Saturated Fat: 0.1g (0.63%), Carbohydrates: 50.59g (16.86%), Net Carbohydrates: 45.42g (16.52%), Sugar: 2.18g (2.42%), Cholesterol: 0mg (0%), Sodium: 593.72mg (25.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.43g (18.87%), Manganese: 0.63mg (31.5%), Vitamin C: 17.23mg (20.88%), Fiber: 5.16g (20.66%), Vitamin B3: 2.82mg (14.09%), Phosphorus: 139.41mg (13.94%), Vitamin B1: 0.19mg (12.91%), Copper: 0.23mg (11.42%), Magnesium: 40.44mg (10.11%), Folate: 38.95µg (9.74%), Vitamin K: 8.99µg (8.56%), Vitamin B5: 0.77mg (7.69%), Vitamin A: 383.81IU (7.68%), Iron: 1.29mg (7.18%), Vitamin B6: 0.13mg (6.51%), Zinc: 0.97mg (6.45%), Vitamin B2: 0.1mg (5.9%), Potassium: 203.67mg (5.82%), Calcium: 32mg (3.2%)