



Pearl Couscous and Currants



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 0.3 cup currants
- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups regular couscous uncooked
- ☐ 0.3 teaspoon salt
- ☐ 2 cups vegetable stock

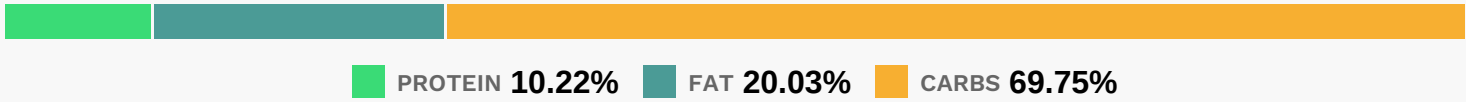
Equipment

☐ sauce pan

Directions

- ☐ Bring broth to a boil in a medium saucepan. Stir in couscous, reduce heat, and simmer 10 minutes.
- ☐ Drain, if necessary; stir in remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:20.88, Glycemic Load:16.26, Inflammation Score:-2, Nutrition Score:3.2600000029349%

Flavonoids

Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg, Hesperetin: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg

Nutrients (% of daily need)

Calories: 168.08kcal (8.4%), Fat: 3.72g (5.73%), Saturated Fat: 0.53g (3.29%), Carbohydrates: 29.18g (9.73%), Net Carbohydrates: 27.31g (9.93%), Sugar: 3.3g (3.67%), Cholesterol: 0mg (0%), Sodium: 313.09mg (13.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.28g (8.55%), Manganese: 0.29mg (14.34%), Fiber: 1.87g (7.47%), Vitamin B3: 1.2mg (6.02%), Phosphorus: 59.52mg (5.95%), Copper: 0.1mg (4.78%), Magnesium: 16.34mg (4.08%), Vitamin B5: 0.4mg (4.04%), Vitamin B1: 0.06mg (4%), Vitamin E: 0.51mg (3.4%), Vitamin A: 155.31IU (3.11%), Iron: 0.49mg (2.72%), Potassium: 92.63mg (2.65%), Vitamin B6: 0.05mg (2.48%), Vitamin K: 2.36µg (2.25%), Vitamin B2: 0.03mg (1.95%), Zinc: 0.29mg (1.94%), Folate: 7.59µg (1.9%), Calcium: 13.53mg (1.35%)