



Pearl Couscous with Lentils, Carrots, Spinach, and Corn



Vegetarian



Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



206 kcal

SIDE DISH

Ingredients

- ☐ 2 cups baby spinach leaves
- ☐ 1 cup lentils drained and rinsed canned
- ☐ 1 cup carrots diced
- ☐ 2 tablespoons chicken broth
- ☐ 0.8 cup corn kernels
- ☐ 2 tablespoons cooking wine dry white
- ☐ 3 cloves garlic minced

- ☐ 1 teaspoon ground pepper black to taste
- ☐ 1.5 tablespoons juice of lemon to taste
- ☐ 1 small onion diced
- ☐ 10 ounce pearl couscous Israeli
- ☐ 1 tablespoon sesame oil

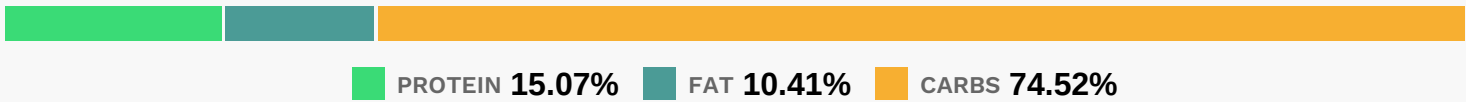
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat sesame oil in a large skillet over medium heat; cook and stir onion until it turns translucent, about 5 minutes. Stir in garlic and cook until garlic starts to brown, about 5 to 8 more minutes.
- ☐ Mix in the lentils and cook 3 to 4 minutes to blend flavors, stirring lightly. Stir carrots and corn kernels into the mixture. Reduce heat to low.
- ☐ Pour in 2 tablespoons white wine and 2 tablespoons chicken broth; let the mixture simmer, stirring occasionally.
- ☐ Bring 2 cups chicken broth and 1/4 cup white wine to a boil in a saucepan; stir in couscous and reduce heat to low. Simmer couscous until the liquid has been absorbed and the couscous pearls are tender, about 8 minutes.
- ☐ Stir 2 more tablespoons each of chicken broth and white wine into lentil mixture and lightly toss baby spinach leaves into the vegetables in the skillet until wilted, about 5 minutes.
- ☐ Transfer cooked couscous to a serving bowl and gently stir the spinach-lentil mixture into couscous until thoroughly combined.
- ☐ Drizzle with lemon juice, sprinkle with black pepper, and lightly stir again.

Nutrition Facts



Properties

Glycemic Index:34.69, Glycemic Load:18.45, Inflammation Score:-9, Nutrition Score:12.116086851401%

Flavonoids

Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg, Catechin: 0.03mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg, Hesperetin: 0.42mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg, Isorhamnetin: 0.44mg Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg, Kaempferol: 0.58mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 205.73kcal (10.29%), Fat: 2.36g (3.64%), Saturated Fat: 0.36g (2.25%), Carbohydrates: 38.08g (12.69%), Net Carbohydrates: 33.19g (12.07%), Sugar: 2.42g (2.69%), Cholesterol: 0.08mg (0.03%), Sodium: 67.24mg (2.92%), Alcohol: 0.39g (100%), Alcohol %: 0.4% (100%), Protein: 7.7g (15.4%), Vitamin A: 3387.02IU (67.74%), Vitamin K: 39.47µg (37.59%), Manganese: 0.57mg (28.74%), Fiber: 4.89g (19.57%), Folate: 77.5µg (19.38%), Phosphorus: 126.84mg (12.68%), Vitamin B3: 1.9mg (9.5%), Copper: 0.18mg (9.15%), Magnesium: 36.51mg (9.13%), Iron: 1.58mg (8.76%), Vitamin B1: 0.13mg (8.66%), Potassium: 290.34mg (8.3%), Vitamin B6: 0.15mg (7.69%), Vitamin B5: 0.73mg (7.28%), Vitamin C: 5.76mg (6.98%), Vitamin B2: 0.09mg (5.3%), Zinc: 0.78mg (5.17%), Calcium: 32.19mg (3.22%), Vitamin E: 0.33mg (2.23%), Selenium: 1.11µg (1.59%)