



Pistachio-Currant Couscous

 Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



331 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup currants
- ☐ 2 cups couscous dry
- ☐ 2 cups chicken broth low-sodium
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup roasted salted roughly chopped
- ☐ 1 cup water

Equipment

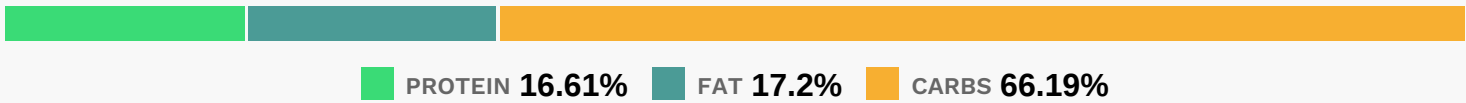
- ☐ bowl

- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ In a small saucepan, bring broth and water to a boil over high heat.
- ☐ Place couscous and currants in a bowl, pour in boiling liquid and cover with plastic wrap for 5 minutes until water is absorbed.
- ☐ Stir in pistachios and oil and fluff with a fork. Taste and adjust seasoning, as desired.

Nutrition Facts



Properties

Glycemic Index:15, Glycemic Load:29.33, Inflammation Score:-2, Nutrition Score:8.2700000172076%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 331.49kcal (16.57%), Fat: 6.33g (9.75%), Saturated Fat: 1.11g (6.93%), Carbohydrates: 54.84g (18.28%), Net Carbohydrates: 51.42g (18.7%), Sugar: 7.58g (8.42%), Cholesterol: 12.42mg (4.14%), Sodium: 46.25mg (2.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.76g (27.52%), Manganese: 0.51mg (25.37%), Vitamin B3: 4.42mg (22.09%), Phosphorus: 177.87mg (17.79%), Fiber: 3.41g (13.65%), Vitamin B1: 0.2mg (13.37%), Vitamin B6: 0.26mg (12.78%), Copper: 0.24mg (11.8%), Potassium: 330.4mg (9.44%), Magnesium: 36mg (9%), Vitamin B5: 0.87mg (8.69%), Selenium: 5.55µg (7.92%), Vitamin B2: 0.12mg (7.21%), Zinc: 0.96mg (6.4%), Iron: 1.15mg (6.37%), Vitamin E: 0.71mg (4.74%), Folate: 12.73µg (3.18%), Vitamin K: 3.21µg (3.05%), Vitamin B12: 0.18µg (2.99%), Calcium: 29.76mg (2.98%)