



Pistachio, Garlic and Mint Couscous



Vegetarian



Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



406 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups chicken stock see
- ☐ 1.5 cups couscous
- ☐ 2 tablespoons evoo
- ☐ 1 cup mint leaves fresh loosely packed
- ☐ 2 cloves garlic grated finely chopped
- ☐ 0.3 cup pistachios shelled
- ☐ 4 servings salt and pepper

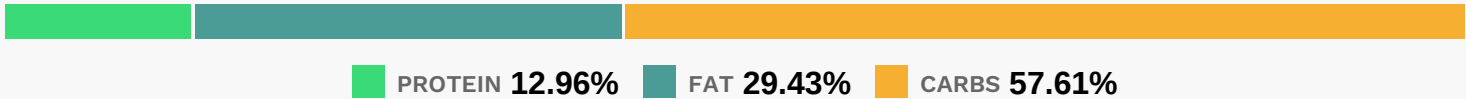
Equipment

- ☐ food processor
- ☐ pot

Directions

- ☐ Toast the nuts in a saucepot suitable for rice.
- ☐ Remove to a food processor and finely chop. Reserve.
- ☐ Add the EVOO and garlic to the pot and stir 1 to 2 minutes.
- ☐ Add the stock and bring to a boil. Stir in the couscous, cover the pot, turn off the heat and let stand 5 minutes. Meanwhile, pulse-chop the mint in food processor very fine. Stir the mint and reserved ground nuts into the couscous as you fluff with a fork.

Nutrition Facts



Properties

Glycemic Index:28.25, Glycemic Load:31, Inflammation Score:-6, Nutrition Score:11.342608700628%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg, Catechin: 0.37mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg, Eriodictyol: 3.48mg Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg, Hesperetin: 1.14mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg, Luteolin: 1.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 405.92kcal (20.3%), Fat: 13.26g (20.4%), Saturated Fat: 1.93g (12.06%), Carbohydrates: 58.4g (19.47%), Net Carbohydrates: 53.17g (19.33%), Sugar: 2.22g (2.47%), Cholesterol: 2.7mg (0.9%), Sodium: 332.96mg (14.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.14g (26.28%), Manganese: 0.79mg (39.35%), Fiber: 5.23g (20.92%), Vitamin B3: 4.02mg (20.11%), Phosphorus: 195.32mg (19.53%), Copper: 0.38mg (19.19%), Vitamin B6: 0.33mg (16.68%), Vitamin B1: 0.24mg (15.91%), Magnesium: 53.93mg (13.48%), Potassium: 377.39mg (10.78%), Iron: 1.93mg (10.72%), Vitamin A: 523.27IU (10.47%), Vitamin B2: 0.18mg (10.3%), Vitamin B5: 0.91mg (9.07%), Folate: 35.57µg (8.89%), Vitamin E: 1.27mg (8.48%), Zinc: 1.03mg (6.88%), Calcium: 59.28mg (5.93%), Vitamin C: 4.8mg

(5.82%), Vitamin K: 4.42μg (4.21%), Selenium: 2.91μg (4.16%)