



Pita Bread Bowls with Couscous Filling

 Vegetarian

READY IN



15 min.

SERVINGS



4

CALORIES



210 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 0.3 cup couscous uncooked
- ☐ 2 cloves garlic minced
- ☐ 0.3 cup green onion sliced (1 large)
- ☐ 0.3 teaspoon ground cumin
- ☐ 0.3 cup nonfat cream plain sour
- ☐ 0.3 cup olives ripe sliced
- ☐ 4 7-inch pita bread rounds ()

- ☐ 0.3 cup raisins
- ☐ 1 cup tomatoes chopped (1 medium)
- ☐ 0.5 cup water

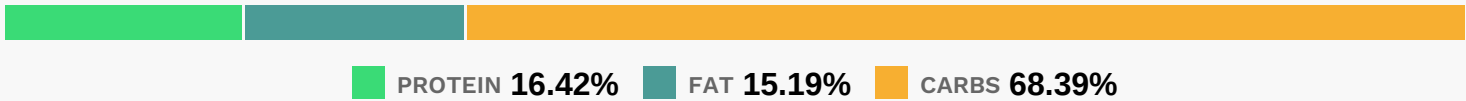
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ microwave

Directions

- ☐ Press 1 pita bread round gently into a medium microwave-safe bowl. Microwave at HIGH 1 1/2 minutes or until crisp. Repeat procedure with remaining pita bread rounds. Set aside.
- ☐ While pitas cook, bring 1/2 cup water to a boil in a medium saucepan.
- ☐ Remove from heat.
- ☐ Add couscous; cover and let stand 5 minutes or until couscous is tender and liquid is absorbed. Fluff couscous with a fork, and transfer to a medium bowl.
- ☐ Add garbanzo beans and next 6 ingredients to couscous; toss gently. Spoon couscous mixture evenly into pita bread bowls. Top each serving with 1 tablespoon yogurt.

Nutrition Facts



Properties

Glycemic Index:91.53, Glycemic Load:15.64, Inflammation Score:-5, Nutrition Score:11.793912949769%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 209.55kcal (10.48%), Fat: 3.67g (5.64%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 37.13g (12.38%), Net Carbohydrates: 30.16g (10.97%), Sugar: 2.36g (2.63%), Cholesterol: 0.31mg (0.1%), Sodium: 453.1mg (19.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.83%), Manganese: 1.09mg (54.68%), Vitamin B6: 0.6mg (29.98%), Fiber: 6.97g (27.88%), Phosphorus: 155.87mg (15.59%), Vitamin K: 16.06µg (15.3%), Copper: 0.28mg (13.86%), Magnesium: 48.34mg (12.08%), Potassium: 409.36mg (11.7%), Iron: 2.07mg (11.49%), Folate: 41.71µg (10.43%), Calcium: 91.92mg (9.19%), Vitamin C: 7.49mg (9.08%), Vitamin A: 424.51IU (8.49%), Zinc: 1.14mg (7.63%), Vitamin B1: 0.1mg (6.7%), Vitamin B5: 0.65mg (6.52%), Vitamin B2: 0.1mg (5.6%), Vitamin B3: 1.07mg (5.37%), Selenium: 3.06µg (4.38%), Vitamin E: 0.56mg (3.75%), Vitamin B12: 0.09µg (1.56%)