



Quick Parmesan Couscous

READY IN



10 min.

SERVINGS



4

CALORIES



366 kcal

SIDE DISH

Ingredients

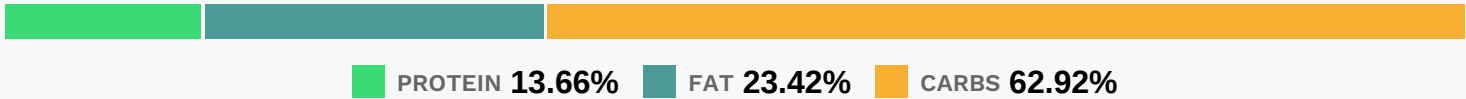
- ☐ 1 tablespoon butter
- ☐ 2 cups chicken broth
- ☐ 10 ounce couscous plain uncooked
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup parmesan cheese grated
- ☐ 0.1 teaspoon pepper freshly ground
- ☐ 0.3 teaspoon salt

Equipment

Directions

- ☐
- Bring 2 cups chicken broth and 1 tablespoon butter to a boil. Stir in 1 (10-ounce) package plain, uncooked couscous; cover and remove from heat.
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- ☐
- Let stand 5 minutes. Stir in 1/3 cup grated Parmesan cheese, 1 tablespoon fresh lemon juice, 1 tablespoon olive oil, 1/4 teaspoon salt, and 1/8 teaspoon freshly ground pepper. Fluff with a fork, and serve immediately.
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- ☐
- Note: For testing purposes only, we used DiGiorno Grated Parmesan Cheese.

Nutrition Facts



Properties

Glycemic Index:36.75, Glycemic Load:33.38, Inflammation Score:-3, Nutrition Score:7.7343478215777%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 365.64kcal (18.28%), Fat: 9.38g (14.44%), Saturated Fat: 3.67g (22.96%), Carbohydrates: 56.73g (18.91%), Net Carbohydrates: 53.16g (19.33%), Sugar: 0.61g (0.68%), Cholesterol: 17.13mg (5.71%), Sodium: 756.81mg (32.9%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.31g (24.62%), Manganese: 0.62mg (31.14%), Phosphorus: 179.26mg (17.93%), Fiber: 3.57g (14.28%), Vitamin B3: 2.74mg (13.71%), Copper: 0.2mg (9.88%), Calcium: 96.84mg (9.68%), Vitamin B1: 0.14mg (9.57%), Vitamin B5: 0.93mg (9.28%), Vitamin B2: 0.16mg (9.13%), Magnesium: 35.68mg (8.92%), Zinc: 1.04mg (6.92%), Iron: 0.92mg (5.09%), Selenium: 3.43µg (4.9%), Potassium: 159.73mg (4.56%), Vitamin E: 0.68mg (4.54%), Vitamin B6: 0.09mg (4.34%), Folate: 15.54µg (3.89%), Vitamin A: 162.47IU (3.25%), Vitamin K: 2.6µg (2.47%), Vitamin B12: 0.14µg (2.37%), Vitamin C: 1.45mg (1.76%)