



Ratatouille Couscous

 Vegetarian  Dairy Free

READY IN



26 min.

SERVINGS



26

CALORIES



44 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup chicken broth
- 0.7 cup couscous uncooked
- 1.5 cups eggplant chopped
- 2 Tbsp basil fresh chopped
- 2 cloves garlic minced
- 0.3 cup green onion
- 2 Tbsp planters peanut oil
- 1 medium tomatoes chopped

0.5 cup planters walnuts toasted chopped

Equipment

frying pan

sauce pan

Directions

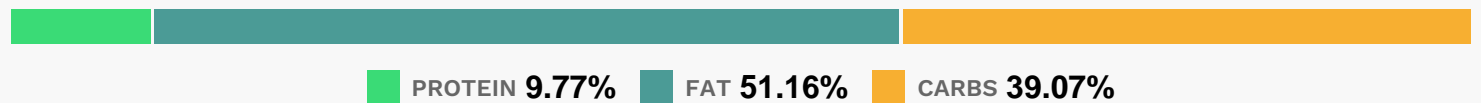
Bring broth to boil in small saucepan on medium-high heat; remove from heat. Stir in couscous; cover.

Let stand 5 min.

Meanwhile, cook and stir eggplant, green onions and garlic in hot oil in large skillet on medium-high heat 5 to 7 min. or until tender. Stir in couscous along with the tomato and basil. Reduce heat to low; cook 1 to 2 min. or until heated through, stirring occasionally.

Stir in walnuts.

Nutrition Facts



Properties

Glycemic Index:10.96, Glycemic Load:2.25, Inflammation Score:-1, Nutrition Score:1.6452174108152%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 4.05mg, Delphinidin: 4.05mg, Delphinidin: 4.05mg, Delphinidin: 4.05mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg, Quercetin: 0.17mg

Nutrients (% of daily need)

Calories: 44.02kcal (2.2%), Fat: 2.58g (3.97%), Saturated Fat: 0.32g (2.02%), Carbohydrates: 4.43g (1.48%), Net Carbohydrates: 3.81g (1.39%), Sugar: 0.42g (0.47%), Cholesterol: 0.18mg (0.06%), Sodium: 34.62mg (1.51%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.11g (2.21%), Manganese: 0.14mg (7.17%), Vitamin K: 5.28µg (5.03%), Copper: 0.06mg (2.92%), Fiber: 0.62g (2.47%), Phosphorus: 19.06mg (1.91%), Magnesium: 7.4mg (1.85%), Vitamin A: 79.49IU (1.59%), Vitamin E: 0.23mg (1.56%), Folate: 6µg (1.5%), Vitamin B6: 0.03mg (1.46%), Vitamin B1: 0.02mg (1.45%), Vitamin C: 1.18mg (1.43%), Vitamin B3: 0.27mg (1.36%), Potassium: 46.85mg (1.34%), Iron: 0.18mg

(1.01%)