



## Red Pepper Couscous

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



193 kcal

SIDE DISH

### Ingredients

- 1 cup couscous
- 2 teaspoons olive oil
- 0.5 cup onion chopped
- 0.5 cup bell pepper red chopped
- 0.3 teaspoon salt

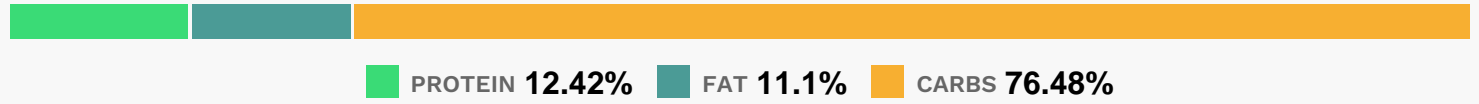
### Equipment

- frying pan

## Directions

- Cook couscous according to package directions.
- Heat olive oil in a skillet over medium-high heat.
- Add onion, bell pepper, and salt; saut 7 minutes. Toss with couscous.

## Nutrition Facts



## Properties

Glycemic Index:31, Glycemic Load:21.01, Inflammation Score:-6, Nutrition Score:6.3873912996572%

## Flavonoids

Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg, Quercetin: 4.1mg

## Nutrients (% of daily need)

Calories: 193.14kcal (9.66%), Fat: 2.35g (3.62%), Saturated Fat: 0.35g (2.16%), Carbohydrates: 36.48g (12.16%), Net Carbohydrates: 33.59g (12.21%), Sugar: 1.63g (1.81%), Cholesterol: 0mg (0%), Sodium: 151.25mg (6.58%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 5.92g (11.85%), Vitamin C: 25.32mg (30.69%), Manganese: 0.38mg (19.22%), Vitamin A: 583.55IU (11.67%), Fiber: 2.89g (11.57%), Vitamin B3: 1.72mg (8.57%), Phosphorus: 84.17mg (8.42%), Vitamin B6: 0.13mg (6.29%), Vitamin B5: 0.62mg (6.21%), Vitamin B1: 0.09mg (5.98%), Copper: 0.12mg (5.9%), Magnesium: 23.27mg (5.82%), Folate: 21.02µg (5.25%), Potassium: 140.34mg (4.01%), Vitamin E: 0.59mg (3.91%), Iron: 0.6mg (3.34%), Vitamin B2: 0.05mg (3.23%), Zinc: 0.44mg (2.93%), Vitamin K: 2.2µg (2.09%), Calcium: 16.39mg (1.64%)