



Roasted Corn-and-Garlic Couscous



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



221 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.3 cups couscous uncooked
- ☐ 1.3 cups less-sodium chicken broth fat-free
- ☐ 2 cups corn kernels fresh (4 ears)
- ☐ 3 garlic cloves peeled
- ☐ 0.3 cup green onions chopped
- ☐ 2 tablespoons pimento diced
- ☐ 0.5 teaspoon salt divided

☐ 0.5 cup water

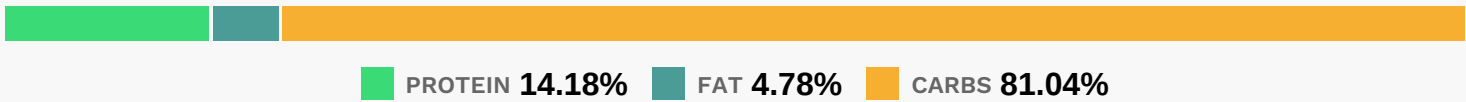
Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 425
- ☐ Wrap garlic in foil.
- ☐ Place garlic and corn on a jelly-roll pan coated with cooking spray.
- ☐ Sprinkle 1/4 teaspoon salt over corn.
- ☐ Bake at 425 for 15 minutes, stirring every 5 minutes. Unwrap garlic, and mince.
- ☐ Combine garlic, corn, broth, water, 1/4 teaspoon salt, and pepper in a medium saucepan. Bring to a boil; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork; stir in onions and pimento.

Nutrition Facts



Properties

Glycemic Index:40.8, Glycemic Load:20.72, Inflammation Score:-5, Nutrition Score:8.1973912586337%

Flavonoids

Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg, Quercetin: 0.57mg

Nutrients (% of daily need)

Calories: 220.98kcal (11.05%), Fat: 1.2g (1.85%), Saturated Fat: 0.25g (1.54%), Carbohydrates: 45.82g (15.27%), Net Carbohydrates: 42.16g (15.33%), Sugar: 4.05g (4.5%), Cholesterol: 0mg (0%), Sodium: 481.01mg (20.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.02g (16.04%), Manganese: 0.5mg (24.76%), Vitamin B3: 2.94mg

(14.69%), Fiber: 3.65g (14.61%), Vitamin C: 11.69mg (14.16%), Phosphorus: 137.41mg (13.74%), Vitamin B1: 0.17mg (11.47%), Magnesium: 43.34mg (10.84%), Vitamin K: 11.33µg (10.79%), Vitamin B5: 1.04mg (10.38%), Folate: 37.27µg (9.32%), Copper: 0.17mg (8.37%), Potassium: 279.39mg (7.98%), Vitamin B6: 0.15mg (7.55%), Vitamin A: 318.32IU (6.37%), Iron: 1.09mg (6.04%), Vitamin B2: 0.09mg (5.18%), Zinc: 0.7mg (4.64%), Selenium: 1.9µg (2.71%), Calcium: 22.38mg (2.24%), Vitamin B12: 0.11µg (1.89%)