



## Saffron Couscous

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



226 kcal

SIDE DISH

### Ingredients

- ☐ 0.3 cup almonds toasted coarsely chopped
- ☐ 6 servings pepper black freshly ground
- ☐ 1 tablespoon butter divided
- ☐ 0.3 cup carrots shredded
- ☐ 1.5 cups couscous
- ☐ 1.5 cups chicken broth reduced-sodium
- ☐ 0.5 teaspoon saffron threads
- ☐ 0.3 tsp salt

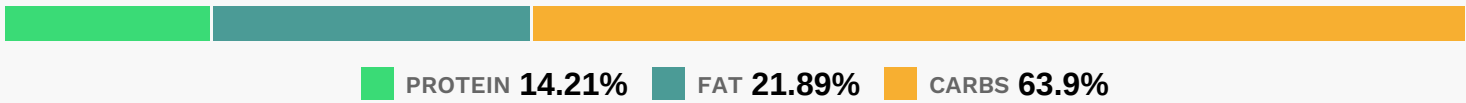
# Equipment

- ☐ frying pan
- ☐ sauce pan

# Directions

- ☐ In a medium saucepan, bring broth, 1 tbsp. butter, the saffron, and 1/4 tsp. salt to a boil over high heat. Stir in couscous.
- ☐ Remove from heat, cover tightly, and let stand 10 minutes.
- ☐ Meanwhile, melt remaining 1/2 tbsp. butter in a small frying pan over medium heat.
- ☐ Add carrot and cook, stirring occasionally, until lightly browned in a few places, being careful not to burn carrot, 4 to 6 minutes.
- ☐ Stir carrot and almonds into couscous, fluffing with a fork. Season to taste with salt and pepper.

# Nutrition Facts



# Properties

Glycemic Index:45.64, Glycemic Load:20.66, Inflammation Score:-7, Nutrition Score:7.1521739506203%

# Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

# Nutrients (% of daily need)

Calories: 226.48kcal (11.32%), Fat: 5.52g (8.49%), Saturated Fat: 1.59g (9.91%), Carbohydrates: 36.24g (12.08%), Net Carbohydrates: 33.1g (12.04%), Sugar: 0.68g (0.75%), Cholesterol: 5.02mg (1.67%), Sodium: 138.92mg (6.04%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.12%), Manganese: 0.5mg (24.95%), Vitamin A:

1246.94IU (24.94%), Vitamin B3: 2.61mg (13.03%), Fiber: 3.13g (12.53%), Phosphorus: 123.11mg (12.31%), Vitamin E: 1.63mg (10.85%), Copper: 0.2mg (10.15%), Magnesium: 36.8mg (9.2%), Vitamin B2: 0.12mg (7.32%), Vitamin B5: 0.59mg (5.89%), Vitamin B1: 0.09mg (5.84%), Potassium: 191.02mg (5.46%), Iron: 0.85mg (4.7%), Zinc: 0.62mg (4.16%), Vitamin B6: 0.07mg (3.59%), Calcium: 32.19mg (3.22%), Folate: 12.72µg (3.18%), Vitamin K: 1.27µg (1.21%), Vitamin B12: 0.06µg (1.05%)