



Saffron Couscous with Goat Cheese

 Vegetarian

READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

351 kcal

SIDE DISH

Ingredients

- ☐ 10 ounce couscous instant
- ☐ 0.3 cup apricots dried chopped
- ☐ 4 ounces goat cheese crumbled
- ☐ 2 cups chicken broth low sodium
- ☐ 0.5 cup niçoise olives pitted
- ☐ 0.3 cup parsley leaves finely chopped
- ☐ 0.3 cup raisins
- ☐ 1 pinch saffron threads

- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup slivered almonds toasted

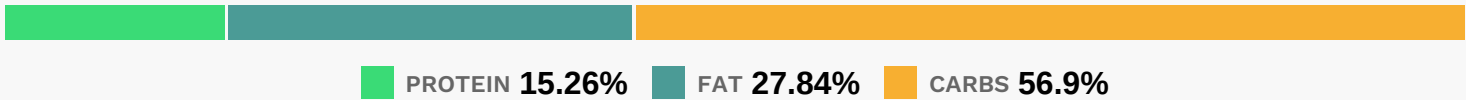
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, bring broth, saffron, and salt to a boil.
- ☐ Remove from heat and stir in couscous. Cover and set aside for 5 minutes.
- ☐ Transfer cooked couscous to a medium bowl and fluff with a fork.
- ☐ Add remaining ingredients and toss to combine.

Nutrition Facts



Properties

Glycemic Index:44.87, Glycemic Load:27.08, Inflammation Score:-6, Nutrition Score:12.669565205989%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 350.74kcal (17.54%), Fat: 11.07g (17.03%), Saturated Fat: 3.54g (22.13%), Carbohydrates: 50.91g (16.97%), Net Carbohydrates: 45.89g (16.69%), Sugar: 4.6g (5.11%), Cholesterol: 8.69mg (2.9%), Sodium: 471.65mg (20.51%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.65g (27.3%), Vitamin K: 41.72µg (39.73%), Manganese: 0.64mg (31.92%), Copper: 0.45mg (22.72%), Phosphorus: 208.69mg (20.87%), Vitamin E: 3.1mg (20.65%), Fiber:

5.02g (20.07%), Vitamin B3: 3.47mg (17.35%), Vitamin B2: 0.26mg (15.18%), Vitamin A: 710.47IU (14.21%),
Magnesium: 56.14mg (14.04%), Potassium: 385.97mg (11.03%), Iron: 1.98mg (11.01%), Vitamin B1: 0.12mg (8.22%),
Vitamin B5: 0.81mg (8.12%), Calcium: 80.81mg (8.08%), Vitamin B6: 0.15mg (7.54%), Zinc: 1mg (6.67%), Folate:
20.79µg (5.2%), Vitamin C: 3.84mg (4.65%), Vitamin B12: 0.11µg (1.91%), Selenium: 1.21µg (1.73%)