



Saffron-Scented Couscous with Pine Nuts

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon coarse kosher salt
- ☐ 12 ounces couscous
- ☐ 0.8 cup green onions divided thinly sliced (5)
- ☐ 3 cups low-salt chicken broth
- ☐ 0.5 cup pinenuts divided toasted
- ☐ 0.5 teaspoon saffron threads crushed
- ☐ 3 tablespoons butter unsalted divided

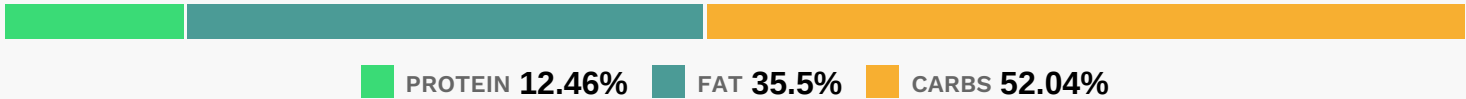
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring broth, 2 tablespoons butter, saffron, and 1/4 teaspoon coarse salt to boil in heavy large saucepan, stirring to melt butter.
- ☐ Remove from heat.
- ☐ Mix in couscous. Cover and let stand until all liquid is absorbed and couscous is tender, about 10 minutes. Fluff couscous with fork.
- ☐ Mix in remaining 1 tablespoon butter and half of green onions and nuts. Season to taste with salt and pepper. Mound in bowl.
- ☐ Sprinkle with remaining green onions and nuts.

Nutrition Facts



Properties

Glycemic Index: 20.88, Glycemic Load: 20.17, Inflammation Score: -4, Nutrition Score: 9.0130435325529%

Flavonoids

Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg, Quercetin: 1mg

Nutrients (% of daily need)

Calories: 271.5kcal (13.57%), Fat: 10.85g (16.69%), Saturated Fat: 3.32g (20.76%), Carbohydrates: 35.79g (11.93%), Net Carbohydrates: 33.11g (12.04%), Sugar: 0.64g (0.71%), Cholesterol: 11.29mg (3.76%), Sodium: 105.73mg (4.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.57g (17.14%), Manganese: 1.09mg (54.58%), Vitamin K: 24.32µg (23.16%), Vitamin B3: 3.12mg (15.59%), Phosphorus: 152.1mg (15.21%), Copper: 0.27mg (13.51%), Fiber: 2.68g (10.73%), Magnesium: 42.77mg (10.69%), Vitamin B1: 0.11mg (7.03%), Iron: 1.25mg (6.96%), Zinc: 1.03mg (6.85%), Potassium: 224.33mg (6.41%), Vitamin E: 0.96mg (6.4%), Vitamin B5: 0.57mg (5.68%), Vitamin B2: 0.09mg (5.19%), Vitamin A: 227.15IU (4.54%), Folate: 17.54µg (4.38%), Vitamin B6: 0.07mg (3.47%), Calcium: 23.16mg (2.32%), Vitamin C: 1.84mg (2.22%), Vitamin B12: 0.1µg (1.62%)