



Saffron, Zucchini and Herb Couscous

READY IN



45 min.

SERVINGS



8

CALORIES



278 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup basil leaves chopped
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.5 cups chicken stock see homemade canned
- ☐ 10 ounces couscous
- ☐ 0.3 teaspoon ground cumin
- ☐ 1 teaspoon kosher salt
- ☐ 2 tablespoons olive oil
- ☐ 1 cup parsley leaves chopped
- ☐ 0.5 teaspoon saffron threads

- ☐ 2 tablespoons butter unsalted
- ☐ 2 large zucchini

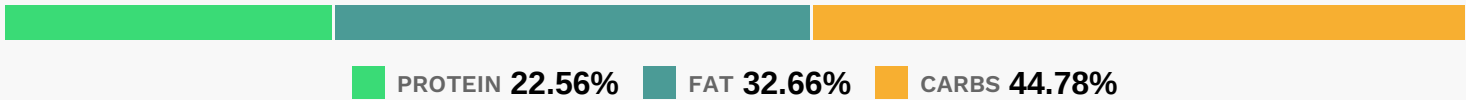
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ plastic wrap

Directions

- ☐ Bring the chicken stock to a boil in a small saucepan, and turn off the heat.
- ☐ Add the salt, pepper, cumin, and saffron threads and allow to steep for at least 15 minutes.
- ☐ Meanwhile, heat the olive oil and melt the butter in a saute pan.
- ☐ Add the zucchini and cook for 5 minutes, or until lightly browned. Bring the chicken stock just back to a boil.
- ☐ Place the couscous in a large bowl and add the cooked zucchini.
- ☐ Pour the hot chicken stock over them. Cover the bowl tightly with plastic wrap and allow to stand at room temperature for 15 minutes.
- ☐ Add the basil and parsley. Toss the couscous and herbs with a fork, and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:36.13, Glycemic Load:17.05, Inflammation Score:-7, Nutrition Score:14.876521810241%

Flavonoids

Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg, Myricetin: 1.11mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 278.07kcal (13.9%), Fat: 10.03g (15.44%), Saturated Fat: 3.27g (20.43%), Carbohydrates: 30.96g (10.32%), Net Carbohydrates: 28.05g (10.2%), Sugar: 2.1g (2.33%), Cholesterol: 26.74mg (8.91%), Sodium: 490.87mg (21.34%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.6g (31.19%), Vitamin K: 142.37µg (135.59%), Vitamin C: 24.98mg (30.28%), Manganese: 0.49mg (24.32%), Vitamin A: 1108.56IU (22.17%), Phosphorus: 157.13mg (15.71%), Vitamin B3: 2.65mg (13.27%), Vitamin B6: 0.26mg (12.79%), Fiber: 2.91g (11.65%), Potassium: 382.61mg (10.93%), Magnesium: 43.64mg (10.91%), Zinc: 1.63mg (10.84%), Selenium: 7.3µg (10.42%), Folate: 40.81µg (10.2%), Iron: 1.82mg (10.1%), Vitamin B2: 0.15mg (9.01%), Copper: 0.18mg (8.76%), Vitamin B1: 0.1mg (6.82%), Vitamin B12: 0.39µg (6.51%), Vitamin B5: 0.65mg (6.47%), Vitamin E: 0.89mg (5.92%), Calcium: 44.66mg (4.47%)