

Scallion Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



168 kcal

SIDE DISH

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup green onions chopped
- ☐ 0.8 cup lower-sodium chicken broth fat-free
- ☐ 0.5 cup water

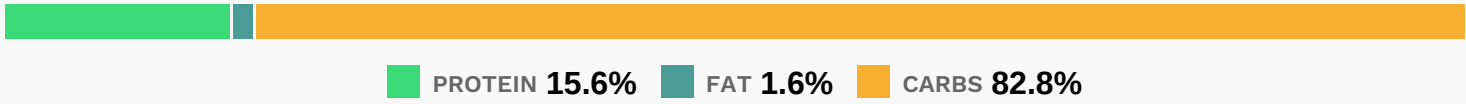
Equipment

- ☐ sauce pan

Directions

- ☐
- Bring chicken broth and water to a boil in a medium saucepan. Gradually stir in couscous.
- ☐
- Remove from heat; cover and let stand 5 minutes. Fluff couscous with a fork. Stir in chopped green onions.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:20.49, Inflammation Score:-2, Nutrition Score:4.6043479186685%

Flavonoids

Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg, Quercetin: 0.89mg

Nutrients (% of daily need)

Calories: 168.1kcal (8.4%), Fat: 0.29g (0.45%), Saturated Fat: 0.05g (0.33%), Carbohydrates: 34.1g (11.37%), Net Carbohydrates: 31.72g (11.53%), Sugar: 0.19g (0.22%), Cholesterol: 0mg (0%), Sodium: 89.64mg (3.9%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.42g (12.85%), Manganese: 0.35mg (17.53%), Vitamin K: 17.25µg (16.43%), Fiber: 2.38g (9.52%), Vitamin B3: 1.55mg (7.77%), Phosphorus: 76.61mg (7.66%), Copper: 0.12mg (5.92%), Vitamin B5: 0.54mg (5.44%), Potassium: 184.79mg (5.28%), Magnesium: 20.99mg (5.25%), Vitamin B1: 0.08mg (5.01%), Folate: 13.98µg (3.5%), Iron: 0.59mg (3.28%), Zinc: 0.39mg (2.63%), Vitamin B6: 0.05mg (2.63%), Vitamin B2: 0.04mg (2.38%), Vitamin C: 1.57mg (1.9%), Calcium: 17.27mg (1.73%), Vitamin A: 83.08IU (1.66%)