



Shrimp Couscous

READY IN



45 min.

SERVINGS



4

CALORIES



458 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 cup catsup
- 1 teaspoon chili powder
- 2 cups couscous
- 0.5 teaspoon dill weed dried
- 3 cups fat-skimmed chicken broth
- 1 tablespoon ginger fresh minced
- 0.5 teaspoon garam masala
- 4 servings lime wedges
- 2 tablespoons slivered mint leaves fresh finely

- 2 teaspoons mustard seeds
- 4 servings nonfat yogurt plain
- 4 servings salt
- 1 pound shrimp frozen shelled thawed deveined rinsed uncooked drained per lb.), and

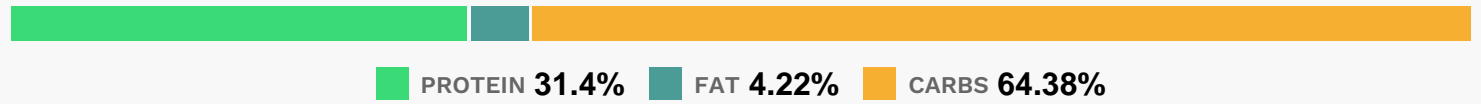
Equipment

- frying pan

Directions

- In a 3- to 4-quart pan, combine broth, catsup, ginger, mustard seeds, chili powder, garam masala, and dill weed. Bring to a boil over high heat; when boiling, add shrimp and cook until opaque but still moist-looking in center of thickest part (cut to test), 3 to 4 minutes.
- At once, stir couscous into pan, cover, and remove from heat.
- Let stand 5 minutes. Stir mixture with a fork; there should be some liquid. Spoon shrimp couscous onto plates; sprinkle with mint and add yogurt, salt, and juice from lime wedges.

Nutrition Facts



Properties

Glycemic Index:28, Glycemic Load:40.79, Inflammation Score:-4, Nutrition Score:13.969130433124%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg, Hesperetin: 0.68mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg, Quercetin: 0.13mg

Nutrients (% of daily need)

Calories: 457.94kcal (22.9%), Fat: 2.13g (3.27%), Saturated Fat: 0.27g (1.7%), Carbohydrates: 73.04g (24.35%), Net Carbohydrates: 67.99g (24.72%), Sugar: 3.71g (4.12%), Cholesterol: 182.59mg (60.86%), Sodium: 1180.38mg (51.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 35.63g (71.25%), Phosphorus: 431.12mg (43.11%), Manganese: 0.83mg (41.49%), Copper: 0.73mg (36.53%), Magnesium: 91.27mg (22.82%), Vitamin B3: 4.37mg

(21.87%), Fiber: 5.05g (20.22%), Potassium: 586.24mg (16.75%), Zinc: 2.46mg (16.39%), Vitamin B5: 1.32mg (13.24%), Iron: 2.25mg (12.48%), Calcium: 119.06mg (11.91%), Vitamin B1: 0.17mg (11.45%), Selenium: 7.13µg (10.18%), Vitamin B2: 0.15mg (8.64%), Vitamin B6: 0.17mg (8.41%), Vitamin A: 339.75IU (6.79%), Folate: 26.17µg (6.54%), Vitamin B12: 0.35µg (5.78%), Vitamin E: 0.49mg (3.28%), Vitamin C: 1.97mg (2.39%), Vitamin K: 1.07µg (1.02%)