



Shrimp Couscous with Mint

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



331 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 0.5 cup green onions thinly sliced
- ☐ 0.5 teaspoon coarsely ground pepper
- ☐ 0.3 cup low-salt chicken broth
- ☐ 1.5 tablespoons olive oil extra-virgin
- ☐ 10 ounce peas green frozen thawed
- ☐ 0.3 cup bell pepper diced red

- ☐ 0.5 teaspoon salt
- ☐ 0.5 pound shrimp cooked peeled
- ☐ 0.5 teaspoon sugar
- ☐ 1.5 cups water
- ☐ 3 tablespoons citrus champagne vinegar

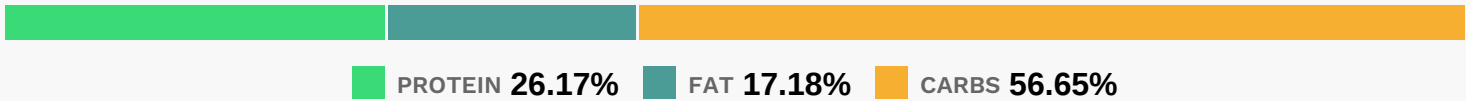
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring water to a boil in a medium saucepan; stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Combine couscous, green onions, bell pepper, mint, shrimp, and green peas in a bowl; set aside.
- ☐ Combine broth and remaining ingredients; stir well with whisk.
- ☐ Pour dressing over couscous mixture, tossing gently to coat.

Nutrition Facts



Properties

Glycemic Index:68.86, Glycemic Load:23.82, Inflammation Score:-8, Nutrition Score:17.49869557049%

Flavonoids

Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg, Catechin: 0.01mg Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg, Epicatechin: 0.01mg Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg, Luteolin: 0.4mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 330.66kcal (16.53%), Fat: 6.28g (9.66%), Saturated Fat: 0.93g (5.81%), Carbohydrates: 46.6g (15.53%), Net Carbohydrates: 39.55g (14.38%), Sugar: 5.35g (5.95%), Cholesterol: 91.29mg (30.43%), Sodium: 379.22mg (16.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.53g (43.05%), Vitamin C: 47.44mg (57.51%), Vitamin K: 47.63µg (45.36%), Manganese: 0.75mg (37.39%), Phosphorus: 286.8mg (28.68%), Fiber: 7.05g (28.21%), Copper: 0.5mg (25.02%), Vitamin A: 1163.14IU (23.26%), Vitamin B1: 0.27mg (18.33%), Folate: 71.32µg (17.83%), Magnesium: 70.17mg (17.54%), Vitamin B3: 3.43mg (17.13%), Zinc: 2.14mg (14.24%), Potassium: 489.85mg (14%), Iron: 2.31mg (12.82%), Vitamin B6: 0.22mg (10.83%), Vitamin B2: 0.16mg (9.38%), Calcium: 85.6mg (8.56%), Vitamin E: 1.12mg (7.44%), Vitamin B5: 0.67mg (6.72%), Selenium: 1.38µg (1.97%)