



## Simple Couscous



Vegetarian



Vegan



Dairy Free

READY IN



28 min.

SERVINGS



6

CALORIES



162 kcal

SIDE DISH

## Ingredients

- 1 cup couscous instant
- 6 ounces bunch flat-leaf parsley dried washed roughly chopped
- 1 garlic clove grated peeled
- 1 teaspoon kosher salt
- 2 lemon zest juiced
- 1 tablespoon olive oil
- 1 tablespoon olive oil extra-virgin
- 1 pinch sea salt

1.5 cups water

## Equipment

bowl

pot

plastic wrap

baking pan

stove

microwave

## Directions

Couscous: Bring the water to a simmer in a small pot over medium heat, then turn off the heat.

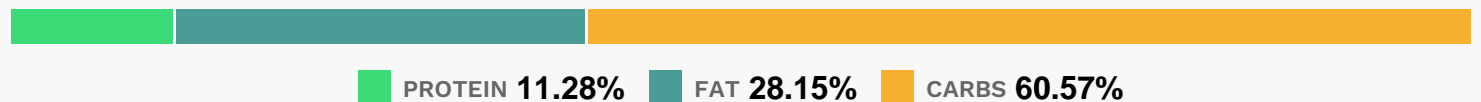
In a shallow baking dish combine the couscous, salt and olive oil, tossing to coat.

Add in the warm water and smooth the couscous into an even layer. Cover the dish tightly with plastic wrap and allow it to rest for 15 minutes by the stove.

Gremolata: In a medium bowl, combine the lemon zest and juice with the sea salt, garlic and parsley. Stir in enough olive oil to blend and bring the ingredients together. Taste for seasoning.

When ready to serve, flake the couscous with a fork and taste for seasoning. If the texture is a little too al dente, microwave the dish for 1 1/2 to 2 minutes. Reseason the couscous with salt, if necessary. Toss it with the gremolata and, again, taste for seasoning.

## Nutrition Facts



## Properties

Glycemic Index: 21.17, Glycemic Load: 13.9, Inflammation Score: -9, Nutrition Score: 13.447825977336%

## Flavonoids

Apigenin: 61.09mg, Apigenin: 61.09mg, Apigenin: 61.09mg, Apigenin: 61.09mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 4.22mg, Myricetin: 4.22mg, Myricetin: 4.22mg, Myricetin: 4.22mg Quercetin: 0.09mg, Quercetin:

0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

## Nutrients (% of daily need)

Calories: 161.56kcal (8.08%), Fat: 5.08g (7.82%), Saturated Fat: 0.72g (4.48%), Carbohydrates: 24.61g (8.2%), Net Carbohydrates: 22.01g (8%), Sugar: 0.33g (0.37%), Cholesterol: 0mg (0%), Sodium: 416.05mg (18.09%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 4.58g (9.17%), Vitamin K: 467.75µg (445.48%), Vitamin C: 40.44mg (49.02%), Vitamin A: 2389.21IU (47.78%), Manganese: 0.28mg (13.98%), Folate: 49.13µg (12.28%), Iron: 2.12mg (11.79%), Fiber: 2.6g (10.4%), Magnesium: 27.89mg (6.97%), Vitamin B3: 1.39mg (6.95%), Phosphorus: 66.46mg (6.65%), Copper: 0.13mg (6.33%), Potassium: 210.25mg (6.01%), Vitamin E: 0.89mg (5.93%), Calcium: 51.69mg (5.17%), Vitamin B1: 0.07mg (4.91%), Vitamin B5: 0.48mg (4.81%), Zinc: 0.56mg (3.74%), Vitamin B6: 0.07mg (3.34%), Vitamin B2: 0.05mg (3.08%)