



## Spicy Couscous and Vegetables

 Vegetarian  Vegan  Dairy Free

READY IN



35 min.

SERVINGS



6

CALORIES



367 kcal

SIDE DISH

### Ingredients

- 2 tablespoons cilantro leaves roughly chopped
- 1.5 cups couscous
- 0.5 teaspoon cumin seeds
- 1 small eggplant sliced quartered
- 0.5 teaspoon ground ginger
- 0.5 lemon zest grated
- 2 tablespoons olive oil
- 6 servings olive oil to taste

- 0.3 cup orange juice
- 0.5 teaspoon paprika
- 1 tablespoon parsley roughly chopped
- 2 small bell pepper red
- 6 servings pepper black freshly ground
- 0.5 teaspoon sea salt
- 2 cups vegetable stock
- 1 small zucchini halved cut into slices

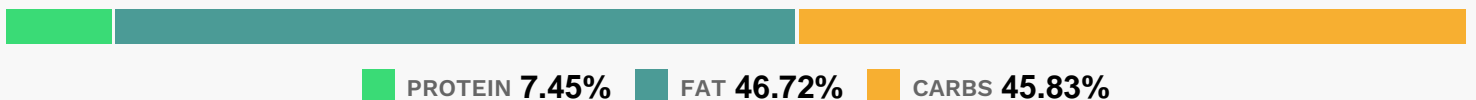
## Equipment

- bowl
- baking sheet
- oven
- plastic wrap

## Directions

- Preheat oven to 375 degrees F.
- Place cut vegetables on a baking sheet and drizzle with some olive oil and season with salt and pepper to taste.
- Place in oven and roast for about 10 minutes.
- Place couscous in a heat proof bowl and stir in all the spices and orange juice. Bring the vegetable stock to a boil and pour over the couscous making sure it covers the couscous mixture completely. Cover with a plate or plastic wrap and leave for 5 to 10 minutes or until all the stock is absorbed. Stir in the herbs, olive oil, grated lemon zest and juice. Fluff the couscous with a fork and toss with roasted vegetables.

## Nutrition Facts



## Properties

Glycemic Index:59.17, Glycemic Load:22.42, Inflammation Score:-8, Nutrition Score:12.810434678326%

## Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg, Hesperetin: 1.23mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg, Apigenin: 1.45mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg, Quercetin: 0.32mg

## Nutrients (% of daily need)

Calories: 367.45kcal (18.37%), Fat: 19.31g (29.72%), Saturated Fat: 2.7g (16.87%), Carbohydrates: 42.63g (14.21%), Net Carbohydrates: 37.24g (13.54%), Sugar: 5.81g (6.46%), Cholesterol: 0mg (0%), Sodium: 516.93mg (22.48%), Alcohol: 0g (100%), Protein: 6.93g (13.86%), Vitamin C: 43.52mg (52.75%), Manganese: 0.66mg (32.85%), Vitamin K: 27.63µg (26.31%), Vitamin A: 1166.93IU (23.34%), Vitamin E: 3.4mg (22.66%), Fiber: 5.39g (21.56%), Vitamin B3: 2.43mg (12.15%), Folate: 45.91µg (11.48%), Vitamin B6: 0.23mg (11.35%), Potassium: 386.37mg (11.04%), Phosphorus: 109.79mg (10.98%), Magnesium: 39.24mg (9.81%), Copper: 0.19mg (9.72%), Vitamin B5: 0.9mg (9.01%), Vitamin B1: 0.13mg (8.97%), Iron: 1.18mg (6.58%), Vitamin B2: 0.11mg (6.4%), Zinc: 0.64mg (4.29%), Calcium: 27.81mg (2.78%)