



## Spicy Couscous with Dates

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



2

CALORIES



527 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

### Ingredients

- 1 cup couscous uncooked
- 0.3 cup dates chopped
- 4 large mushrooms fresh chopped
- 3 cloves garlic peeled chopped
- 1 teaspoon ground cinnamon
- 0.5 teaspoon ground pepper black
- 1 tablespoon juice of lemon
- 1 tablespoon olive oil

- 1 medium onion chopped
- 0.5 bell pepper red chopped
- 2 pasilla peppers dried diced red hot
- 2 servings salt to taste
- 2 star anise pods whole
- 1.5 cups vegetable stock

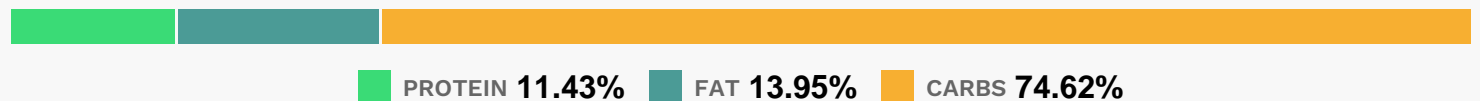
## Equipment

- sauce pan

## Directions

- Heat oil in a medium saucepan over medium heat, and saute onion until tender. Season with anise pods and salt.
- Mix in garlic, red bell pepper, dried hot red peppers, and black pepper. Continue to cook and stir until vegetables are tender.
- Stir mushrooms and lemon juice into the vegetable mixture.
- Mix in dates and cinnamon, and simmer over low heat for about 10 minutes.
- Place couscous in a medium saucepan, and cover with vegetable stock. Bring to a boil. Reduce heat to low. Cover, and simmer 3 to 5 minutes, until all moisture has been absorbed.
- Fluff couscous with a fork, mix into the vegetables, and serve.

## Nutrition Facts



## Properties

Glycemic Index:167.5, Glycemic Load:50.84, Inflammation Score:-9, Nutrition Score:24.056956330071%

## Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 5.81mg, Luteolin: 5.81mg, Luteolin: 5.81mg, Luteolin: 5.81mg

Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg, Kaempferol: 0.45mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg, Quercetin: 14.14mg

## **Nutrients (% of daily need)**

Calories: 526.85kcal (26.34%), Fat: 8.36g (12.86%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 100.6g (33.53%), Net Carbohydrates: 89.84g (32.67%), Sugar: 20.76g (23.06%), Cholesterol: 0mg (0%), Sodium: 918.41mg (39.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 15.41g (30.82%), Vitamin C: 143.42mg (173.84%), Manganese: 1.33mg (66.6%), Fiber: 10.76g (43.03%), Vitamin A: 1759.77IU (35.2%), Vitamin B6: 0.66mg (33.06%), Vitamin B3: 5.93mg (29.64%), Copper: 0.54mg (26.84%), Phosphorus: 258.8mg (25.88%), Potassium: 812.98mg (23.23%), Vitamin B5: 2.21mg (22.07%), Vitamin B1: 0.31mg (20.8%), Vitamin B2: 0.35mg (20.49%), Magnesium: 75.81mg (18.95%), Folate: 66.53µg (16.63%), Vitamin K: 16.4µg (15.62%), Iron: 2.62mg (14.58%), Vitamin E: 1.99mg (13.24%), Zinc: 1.47mg (9.78%), Selenium: 5.89µg (8.41%), Calcium: 83.42mg (8.34%)