



Spinach and Red Pepper Couscous



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



335 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups couscous
- ☐ 0.5 teaspoon basil dried
- ☐ 3 large cloves garlic minced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano dried
- ☐ 0.3 teaspoon pepper
- ☐ 1 medium bell pepper diced red
- ☐ 0.5 large onion diced red

- ☐ 0.3 teaspoon salt
- ☐ 0.3 cup nakano® seasoned rice vinegar – original
- ☐ 2 cups spinach leaves fresh chopped
- ☐ 14 ounce vegetable broth canned

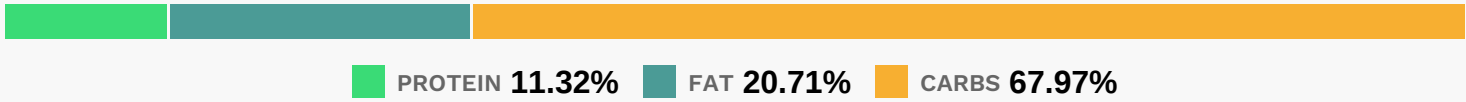
Equipment

- ☐ sauce pan

Directions

- ☐ In a large saucepan, saute bell pepper, onion and garlic in oil, stirring occasionally until onion is soft, about 6 minutes.
- ☐ Add rice vinegar, herbs, salt and pepper; cook 1 minute.
- ☐ Stir in broth and currants; bring to a boil. Stir in couscous and spinach; cover and remove from heat.
- ☐ Let stand 5 minutes; fluff couscous lightly with a fork.

Nutrition Facts



Properties

Glycemic Index:79.5, Glycemic Load:32.07, Inflammation Score:-9, Nutrition Score:16.613913035911%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg, Kaempferol: 1.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg, Quercetin: 3.49mg

Nutrients (% of daily need)

Calories: 334.94kcal (16.75%), Fat: 7.61g (11.7%), Saturated Fat: 1.09g (6.78%), Carbohydrates: 56.19g (18.73%), Net Carbohydrates: 51.52g (18.74%), Sugar: 2.78g (3.09%), Cholesterol: 0mg (0%), Sodium: 563.34mg (24.49%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.36g (18.72%), Vitamin K: 82.12µg (78.21%), Vitamin C: 44.02mg (53.36%), Vitamin A: 2555.71IU (51.11%), Manganese: 0.78mg (38.95%), Fiber: 4.66g (18.66%), Folate: 59.44µg

(14.86%), Vitamin B3: 2.71mg (13.57%), Phosphorus: 134.35mg (13.44%), Vitamin E: 1.85mg (12.32%), Magnesium: 47.84mg (11.96%), Vitamin B6: 0.24mg (11.81%), Copper: 0.2mg (10.19%), Vitamin B1: 0.14mg (9.67%), Vitamin B5: 0.95mg (9.46%), Iron: 1.56mg (8.69%), Potassium: 291.78mg (8.34%), Vitamin B2: 0.11mg (6.67%), Zinc: 0.76mg (5.07%), Calcium: 48.2mg (4.82%)