



## Sweet and Nutty Moroccan Couscous

 Vegetarian

READY IN



20 min.

SERVINGS



6

CALORIES



424 kcal

SIDE DISH

### Ingredients

- 0.3 cup dates chopped
- 0.3 cup apricot dried chopped
- 2 cups couscous dry
- 0.3 cup golden raisins
- 3 teaspoons ground cinnamon
- 0.5 cup slivered almonds toasted
- 5 tablespoons butter unsalted
- 2 cups vegetable stock

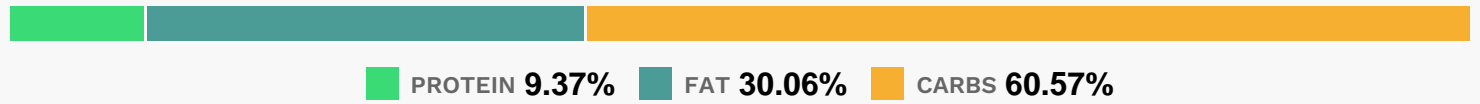
# Equipment

sauce pan

# Directions

- Pour the vegetable broth into a large saucepan, and bring to a boil.
- Add the butter, apricots, dates and raisins. Boil for 2 to 3 minutes.
- Remove from the heat, and stir in the couscous. Cover, and let stand for 5 minutes. Stir in the cinnamon and toasted almonds, and serve.

# Nutrition Facts



# Properties

Glycemic Index:44.51, Glycemic Load:35.32, Inflammation Score:-6, Nutrition Score:10.310869490323%

# Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg, Quercetin: 0.3mg

# Nutrients (% of daily need)

Calories: 423.74kcal (21.19%), Fat: 14.44g (22.22%), Saturated Fat: 6.42g (40.14%), Carbohydrates: 65.46g (21.82%), Net Carbohydrates: 59.42g (21.61%), Sugar: 14.89g (16.54%), Cholesterol: 25.08mg (8.36%), Sodium: 322.43mg (14.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.12g (20.25%), Manganese: 0.89mg (44.69%), Fiber: 6.04g (24.17%), Vitamin E: 2.92mg (19.5%), Phosphorus: 164.22mg (16.42%), Copper: 0.31mg (15.56%), Magnesium: 59.15mg (14.79%), Vitamin A: 722.55IU (14.45%), Vitamin B3: 2.74mg (13.7%), Vitamin B2: 0.18mg (10.48%), Potassium: 366.25mg (10.46%), Vitamin B5: 0.87mg (8.72%), Iron: 1.46mg (8.12%), Vitamin B1: 0.12mg (7.95%), Vitamin B6: 0.13mg (6.38%), Calcium: 62.3mg (6.23%), Zinc: 0.87mg (5.77%), Folate: 18.42µg (4.6%), Vitamin K: 1.86µg (1.77%), Selenium: 0.98µg (1.4%), Vitamin D: 0.17µg (1.17%)