



Sweet Couscous with Nuts and Dried Fruit



Vegetarian



Vegan



Dairy Free

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READY IN

ready

14 min.

SERVINGS

servings

6

CALORIES

calories

540 kcal

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SIDE DISH

Ingredients



1 pound couscous



0.3 cup apricots dried chopped



0.3 cup cherries dried chopped



0.3 cup cranberries dried



0.3 cup olive oil extra-virgin



0.5 cup slivered almonds toasted coarsely chopped



0.5 cup sugar



2.3 cups water

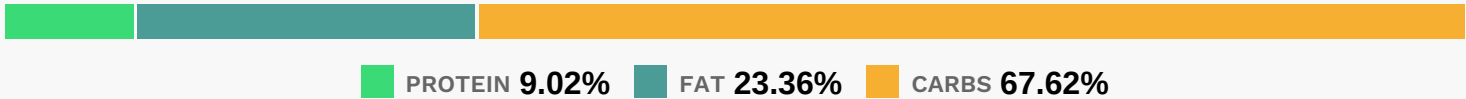
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, combine the water, sugar, cranberries, apricots, and cherries. Bring the mixture to a boil over medium-high heat, stirring constantly, until the sugar has dissolved, about 2 minutes. Stir in the couscous and remove the pan from the heat. Cover the pan with a tight fitting lid until the couscous has absorbed all of the cooking liquid, about 5 to 7 minutes.
- ☐ Using a fork, fluff the couscous to break up any lumps.
- ☐ Add the almonds and hazelnuts and toss.
- ☐ Spread the mixture evenly on a baking sheet until completely cooled, about 10 minutes.
- ☐ Transfer the couscous to an airtight container and store in the refrigerator.
- ☐ Drizzle the couscous with 1/4 cup of extra-virgin olive oil for a moister texture.

Nutrition Facts



Properties

Glycemic Index:29.75, Glycemic Load:48.64, Inflammation Score:-5, Nutrition Score:10.661739174762%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg 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 Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin:

0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg, Quercetin: 0.34mg

Nutrients (% of daily need)

Calories: 539.65kcal (26.98%), Fat: 14.14g (21.75%), Saturated Fat: 1.68g (10.5%), Carbohydrates: 92.09g (30.7%), Net Carbohydrates: 85.67g (31.15%), Sugar: 29.26g (32.51%), Cholesterol: 0mg (0%), Sodium: 14.73mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.29g (24.57%), Manganese: 0.83mg (41.54%), Vitamin E: 4.05mg (27.03%), Fiber: 6.42g (25.69%), Phosphorus: 177.47mg (17.75%), Copper: 0.32mg (16.22%), Vitamin B3: 3.19mg (15.94%), Magnesium: 61.06mg (15.27%), Vitamin B5: 1.03mg (10.34%), Vitamin B2: 0.17mg (10.12%), Vitamin A: 499.44IU (9.99%), Vitamin B1: 0.14mg (9.58%), Iron: 1.54mg (8.54%), Potassium: 278.96mg (7.97%), Zinc: 0.95mg (6.36%), Vitamin K: 6.15µg (5.86%), Calcium: 56.01mg (5.6%), Vitamin B6: 0.11mg (5.42%), Folate: 19.8µg (4.95%)