



WHATSheATE



Tex-Mex Couscous Pilaf



Dairy Free

READY IN



16 min.

SERVINGS



4

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup tomatoes diced with chiles canned
- ☐ 1 cup couscous uncooked
- ☐ 1 tablespoon cilantro leaves fresh chopped
- ☐ 0.5 cup regular corn frozen
- ☐ 1 tablespoon juice of lime
- ☐ 0.8 cup lower-sodium chicken broth fat-free
- ☐ 1 tablespoon olive oil
- ☐ 0.3 cup shallots finely chopped

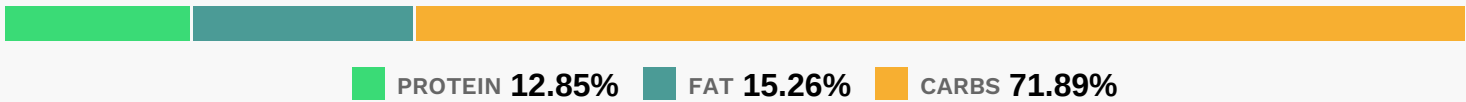
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat a small saucepan over medium-high heat.
- ☐ Add oil to pan, swirling to coat.
- ☐ Add shallots; saut 2 minutes or until tender. Stir in couscous; saut 1 minute.
- ☐ Add tomatoes, broth, and corn; bring to a boil. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork. Stir in lime juice and cilantro.

Nutrition Facts



Properties

Glycemic Index:31.75, Glycemic Load:20.97, Inflammation Score:-3, Nutrition Score:6.3560870393463%

Flavonoids

Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg, Hesperetin: 0.34mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 233.29kcal (11.66%), Fat: 3.99g (6.15%), Saturated Fat: 0.57g (3.54%), Carbohydrates: 42.34g (14.11%), Net Carbohydrates: 38.81g (14.11%), Sugar: 1.94g (2.16%), Cholesterol: 0mg (0%), Sodium: 132.72mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.57g (15.14%), Manganese: 0.44mg (21.87%), Fiber: 3.53g (14.12%), Phosphorus: 106.61mg (10.66%), Vitamin B3: 2.11mg (10.53%), Potassium: 333.16mg (9.52%), Vitamin B6: 0.17mg (8.52%), Magnesium: 32.36mg (8.09%), Vitamin C: 6.61mg (8.01%), Vitamin B1: 0.12mg (7.67%), Copper: 0.15mg (7.61%), Vitamin B5: 0.68mg (6.81%), Folate: 24.76µg (6.19%), Iron: 1.1mg (6.11%), Vitamin E: 0.72mg (4.83%), Vitamin B2: 0.07mg (4.24%), Zinc: 0.61mg (4.05%), Vitamin K: 3.43µg (3.26%), Calcium: 26.6mg (2.66%)