



Toasted Pine Nut Couscous



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



383 kcal

Ingredients

- ☐ 10 oz couscous
- ☐ 0.5 cup tomatoes dried (not oil-packed)
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground cumin
- ☐ 2.3 cups chicken broth reduced-sodium
- ☐ 2 tablespoons parsley minced
- ☐ 0.3 cup pinenuts
- ☐ 4 servings salt

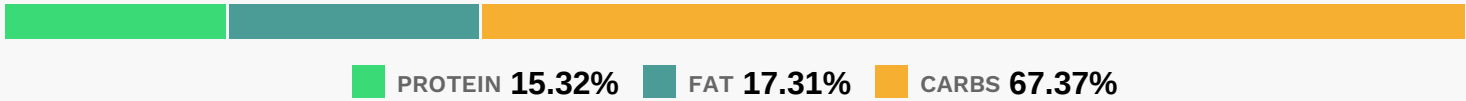
Equipment

☐ frying pan

Directions

- ☐ In a 2 to 3 quart pan over medium-high heat, stir pine nuts until golden, about 2 minutes; remove from pan.
- ☐ In the same pan, bring the broth, tomatoes, garlic, and cumin to a boil over high heat. Stir in the couscous, cover, remove from heat, and let stand 5 minutes.
- ☐ Add the pine nuts and parsley, and fluff with a fork. If desired, season to taste with salt.

Nutrition Facts



Properties

Glycemic Index:40.5, Glycemic Load:35.25, Inflammation Score:-5, Nutrition Score:16.485652296439%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

Nutrients (% of daily need)

Calories: 382.76kcal (19.14%), Fat: 7.5g (11.55%), Saturated Fat: 0.8g (5%), Carbohydrates: 65.73g (21.91%), Net Carbohydrates: 60.08g (21.85%), Sugar: 5.68g (6.31%), Cholesterol: 0mg (0%), Sodium: 257.25mg (11.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.94g (29.89%), Manganese: 1.57mg (78.69%), Vitamin K: 43.29µg (41.23%), Vitamin B3: 5.95mg (29.75%), Copper: 0.56mg (27.85%), Phosphorus: 261.33mg (26.13%), Fiber: 5.66g (22.62%), Potassium: 772.41mg (22.07%), Magnesium: 82.47mg (20.62%), Iron: 3.07mg (17.03%), Vitamin B1: 0.22mg (14.91%), Vitamin B5: 1.21mg (12.07%), Vitamin B2: 0.19mg (10.89%), Zinc: 1.58mg (10.54%), Vitamin C: 8.37mg (10.15%), Vitamin B6: 0.16mg (7.85%), Folate: 29.48µg (7.37%), Vitamin A: 294.34IU (5.89%), Vitamin E: 0.81mg (5.42%), Calcium: 45.36mg (4.54%), Vitamin B12: 0.13µg (2.21%), Selenium: 0.94µg (1.34%)