



Tony's Breakfast Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



3

CALORIES



343 kcal

MORNING MEAL

BRUNCH

BREAKFAST

Ingredients

- ☐ 2 tablespoons brown sugar
- ☐ 0.5 cup couscous uncooked
- ☐ 0.3 cup cranberries dried
- ☐ 0.5 teaspoon ground cinnamon
- ☐ 0.5 cup skim milk powder dry
- ☐ 0.3 cup raisins
- ☐ 0.1 teaspoon salt
- ☐ 0.3 cup walnut pieces toasted chopped

☐ 1.3 cups water

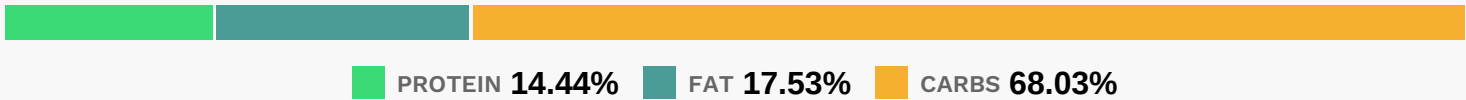
Equipment

☐ sauce pan

Directions

- ☐ Bring water to a boil in a small saucepan; stir in milk and remaining ingredients.
- ☐ Remove from heat. Cover; let stand 10 minutes. (
- ☐ Mixture will thicken as it cools.)

Nutrition Facts



Properties

Glycemic Index:49.6, Glycemic Load:18.81, Inflammation Score:-5, Nutrition Score:12.462608772775%

Flavonoids

Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg, Cyanidin: 0.32mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 342.68kcal (17.13%), Fat: 6.88g (10.58%), Saturated Fat: 0.76g (4.77%), Carbohydrates: 60.02g (20.01%), Net Carbohydrates: 56.39g (20.51%), Sugar: 25.75g (28.62%), Cholesterol: 4mg (1.33%), Sodium: 218.06mg (9.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.75g (25.49%), Manganese: 0.68mg (34.22%), Phosphorus: 286.76mg (28.68%), Calcium: 285.76mg (28.58%), Vitamin B2: 0.37mg (21.89%), Potassium: 565.59mg (16.16%), Copper: 0.3mg (14.9%), Vitamin D: 2.2µg (14.67%), Fiber: 3.63g (14.52%), Magnesium: 56.03mg (14.01%), Vitamin B12: 0.81µg (13.43%), Vitamin B1: 0.18mg (11.88%), Vitamin B5: 1.17mg (11.67%), Zinc: 1.41mg (9.38%), Vitamin B6: 0.19mg (9.33%), Selenium: 6.18µg (8.82%), Vitamin A: 438.73IU (8.77%), Vitamin B3: 1.51mg (7.54%), Folate: 25.78µg (6.45%), Iron: 1.1mg (6.09%), Vitamin C: 2.17mg (2.63%), Vitamin E: 0.29mg (1.92%), Vitamin K: 1.15µg (1.1%)