

food
network



HEALTH SCORE

58%

Vegetable Couscous



Vegetarian



Vegan



Dairy Free

READY IN



125 min.

SERVINGS



6

CALORIES



173 kcal

SIDE DISH

Ingredients

- ☐ 2 cups carrots diced
- ☐ 0.3 cup cherry tomatoes halved
- ☐ 1 cup couscous
- ☐ 1 teaspoon coarse ground pepper black
- ☐ 6 large leaves kale
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons olive oil for searing
- ☐ 1 tablespoon oregano fresh finely chopped

- ☐ 2 tablespoons red wine vinegar
- ☐ 6 large leaves savoy cabbage
- ☐ 2 teaspoons sea salt

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ pot

Directions

- ☐ Preheat oven to 400 degrees F.
- ☐ Bring a large pot of water to a boil and add kosher salt, to taste. Quickly blanch cabbage leaves and kale leaves until softened, about 2 to 3 minutes.
- ☐ Remove and cool. Blanch the vegetables in the same water, about 3 to 4 minutes or until tender.
- ☐ In a small pot, bring 2 cups of water to a boil. In a medium bowl pour in the couscous and cover with the hot water.
- ☐ Place plastic over the top of the bowl and let sit until the couscous absorbs the water, about 15 to 20 minutes. Season the couscous with olive oil, herbs, salt and pepper.
- ☐ Add in the vegetables and tomatoes. Season with the red wine vinegar.
- ☐ Lay out the cabbage and kale leaves and overlap them.
- ☐ Place a spoon of the couscous in the center and wrap like a burrito. Wrap with plastic and refrigerate for 1 hour.
- ☐ In a large saute pan, heat enough olive oil to lightly cover the bottom of the pan over high heat. Sear the couscous crepinette on all sides until lightly browned, about 5 to 6 minutes.
- ☐ Let rest.
- ☐ Serve.

Nutrition Facts



 **PROTEIN 12.04%**  **FAT 26.55%**  **CARBS 61.41%**

Properties

Glycemic Index:33, Glycemic Load:14.19, Inflammation Score:-10, Nutrition Score:12.233913167663%

Flavonoids

Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg, Apigenin: 0.18mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg, Isorhamnetin: 2.6mg Kaempferol: 5.46mg, Kaempferol: 5.46mg, Kaempferol: 5.46mg, Kaempferol: 5.46mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 173.44kcal (8.67%), Fat: 5.19g (7.98%), Saturated Fat: 0.76g (4.76%), Carbohydrates: 26.98g (8.99%), Net Carbohydrates: 23.2g (8.44%), Sugar: 1.46g (1.62%), Cholesterol: 0mg (0%), Sodium: 995.83mg (43.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.58%), Vitamin K: 73.29µg (69.8%), Vitamin C: 35.24mg (42.72%), Vitamin A: 1385.26IU (27.71%), Manganese: 0.49mg (24.38%), Fiber: 3.79g (15.14%), Folate: 53.63µg (13.41%), Vitamin B6: 0.17mg (8.47%), Phosphorus: 83.71mg (8.37%), Magnesium: 31.64mg (7.91%), Potassium: 271.67mg (7.76%), Vitamin B3: 1.45mg (7.26%), Calcium: 67.01mg (6.7%), Vitamin E: 1mg (6.68%), Vitamin B5: 0.66mg (6.56%), Vitamin B1: 0.1mg (6.46%), Iron: 1.16mg (6.45%), Copper: 0.12mg (6.03%), Vitamin B2: 0.09mg (5.54%), Zinc: 0.48mg (3.17%)