



Vegetable Couscous



Vegetarian



Vegan



Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



583 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 cup pumpkin canned
- ☐ 1 teaspoon coriander seeds
- ☐ 2.3 cups couscous
- ☐ 4 servings mediterranean flat bread for passing
- ☐ 2 tablespoons cilantro and flat-leaf parsley chopped
- ☐ 1 bay leaf fresh
- ☐ 1.5 teaspoons ground cumin
- ☐ 2 tablespoon olive oil extra-virgin

- ☐ 1 medium onion chopped
- ☐ 1 vine plum tomato ripe seeded finely chopped
- ☐ 4 servings salt and pepper
- ☐ 4 cups vegetable broth
- ☐ 0.3 baby squash diced yellow
- ☐ 0.3 zucchini diced

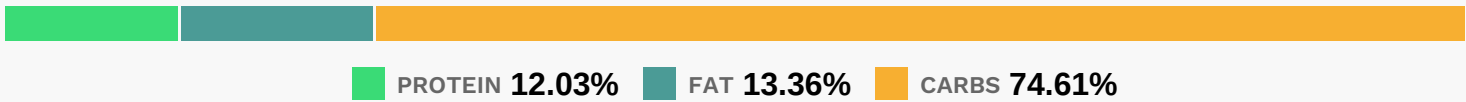
Equipment

- ☐ frying pan
- ☐ pot

Directions

- ☐ Heat a large sauce pot over medium high heat.
- ☐ Add oil, bay leaf, onion, zucchini and yellow squash to the pot and season with salt and pepper.
- ☐ Saute, stirring frequently, 7 or 8 minutes.
- ☐ Add pumpkin and broth to the pan and stir to combine.
- ☐ Add cumin and coriander. Bring broth to a boil.
- ☐ Add couscous to the broth, stir, cover and remove from heat.
- ☐ Let stand 5 minutes.
- ☐ Remove lid from the pot and fluff couscous with a fork.
- ☐ Remove bay from the pan, add finely chopped tomato, cilantro and parsley, toss again with fork to combine and transfer to a serving platter.
- ☐ Serve with warm Mediterranean flat breads.

Nutrition Facts



Properties

Glycemic Index:89, Glycemic Load:68.81, Inflammation Score:-10, Nutrition Score:20.042173984258%

Flavonoids

Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg, Kaempferol: 0.22mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg, Quercetin: 5.76mg

Nutrients (% of daily need)

Calories: 582.87kcal (29.14%), Fat: 8.58g (13.2%), Saturated Fat: 1.24g (7.76%), Carbohydrates: 107.83g (35.94%), Net Carbohydrates: 99.92g (36.34%), Sugar: 5.19g (5.77%), Cholesterol: 0mg (0%), Sodium: 1365.25mg (59.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.39g (34.77%), Vitamin A: 5624.94IU (112.5%), Manganese: 1.13mg (56.68%), Vitamin K: 44.18µg (42.08%), Fiber: 7.91g (31.62%), Phosphorus: 242.93mg (24.29%), Vitamin B3: 4.68mg (23.38%), Vitamin B1: 0.31mg (20.68%), Copper: 0.39mg (19.38%), Magnesium: 74.43mg (18.61%), Iron: 2.98mg (16.55%), Vitamin B5: 1.59mg (15.9%), Vitamin C: 12.55mg (15.22%), Potassium: 444.65mg (12.7%), Folate: 49.94µg (12.48%), Vitamin B6: 0.24mg (11.77%), Vitamin B2: 0.18mg (10.38%), Vitamin E: 1.49mg (9.94%), Zinc: 1.43mg (9.51%), Calcium: 91.08mg (9.11%)