



Vegetable Curry Couscous



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- ☐ 2 tablespoons almonds sliced
- ☐ 1 carrots grated
- ☐ 1 stalk celery thinly sliced
- ☐ 1.5 cups chicken stock see
- ☐ 0.5 cup couscous
- ☐ 1 teaspoon curry powder to taste
- ☐ 0.3 cup currants dried
- ☐ 3 cloves garlic minced

- ☐ 0.3 cup golden raisins
- ☐ 4 servings salt and ground pepper black to taste
- ☐ 1 pinch ground turmeric to taste
- ☐ 1 small leek cleaned thinly sliced
- ☐ 0.5 small onion chopped
- ☐ 0.5 bell pepper red chopped
- ☐ 2 tomatoes peeled seeded chopped
- ☐ 1 teaspoon vegetable oil

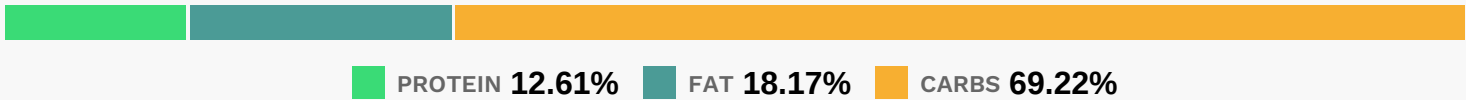
Equipment

- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Place vegetable oil in a saucepan over medium heat, and cook and stir the onion, leek, celery, red bell pepper, and garlic until the onion is translucent, about 5 minutes.
- ☐ Pour in the chicken stock, bring to a boil, and stir in the carrot, tomatoes, couscous, raisins, and currants. Season with curry powder, turmeric, salt, and black pepper; bring the mixture back to a boil. Reduce heat to low, cover the pan, and allow to cook for 5 minutes.
- ☐ Remove from heat.
- ☐ Let the couscous stand covered for 5 minutes, and fluff with a fork.
- ☐ Sprinkle with sliced almonds.

Nutrition Facts



Properties

Glycemic Index:109.13, Glycemic Load:18.37, Inflammation Score:-10, Nutrition Score:16.473043400308%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg, Apigenin: 0.29mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg, Kaempferol: 1.04mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 251.05kcal (12.55%), Fat: 5.28g (8.13%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 45.28g (15.09%), Net Carbohydrates: 40.38g (14.68%), Sugar: 16.99g (18.87%), Cholesterol: 2.7mg (0.9%), Sodium: 163.53mg (7.11%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.25g (16.5%), Vitamin A: 3956.68IU (79.13%), Vitamin C: 33.65mg (40.79%), Manganese: 0.66mg (33.2%), Vitamin K: 24.59µg (23.42%), Fiber: 4.9g (19.58%), Vitamin B6: 0.36mg (17.96%), Potassium: 628.05mg (17.94%), Vitamin B3: 3.43mg (17.17%), Vitamin E: 2.43mg (16.23%), Copper: 0.3mg (15.24%), Phosphorus: 146.55mg (14.65%), Vitamin B2: 0.23mg (13.68%), Magnesium: 53.66mg (13.42%), Folate: 51.53µg (12.88%), Iron: 1.93mg (10.71%), Vitamin B1: 0.16mg (10.56%), Calcium: 72.38mg (7.24%), Zinc: 0.81mg (5.37%), Vitamin B5: 0.53mg (5.34%), Selenium: 3.06µg (4.37%)