



Veggie Couscous



Vegetarian



Dairy Free

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READY IN

ready

20 min.

SERVINGS

servings

6

CALORIES

calories

254 kcal

SIDE DISH

Ingredients



2 cups chicken broth



1.5 cups couscous



0.5 cup cranberries dried



2 tablespoons olive oil



0.5 onion red chopped



1 baby squash yellow thinly sliced



1 zucchini thinly sliced

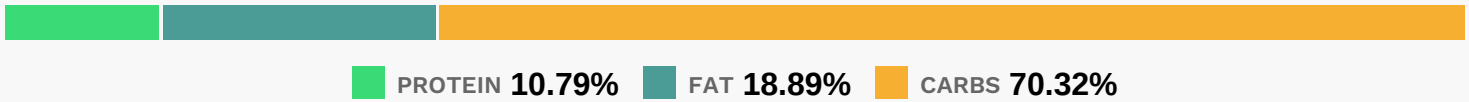
Equipment

☐ frying pan

Directions

- ☐ Add the olive oil to a large, high-sided skillet over medium-high heat. Once hot, add the onion, yellow squash, and zucchini and saute until tender, about 5 minutes. Season with salt and pepper.
- ☐ Add the cranberries and chicken broth and bring to a boil. Stir in the couscous, cover with a tight fitting lid, turn off the heat, and let sit for 10 minutes.
- ☐ Remove the cover and fluff with a fork. The couscous can be served hot or at room temperature.

Nutrition Facts



Properties

Glycemic Index:23.17, Glycemic Load:20.89, Inflammation Score:-3, Nutrition Score:7.3343478622644%

Flavonoids

Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg, Cyanidin: 0.06mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg, Quercetin: 2.53mg

Nutrients (% of daily need)

Calories: 254.13kcal (12.71%), Fat: 5.39g (8.29%), Saturated Fat: 0.76g (4.75%), Carbohydrates: 45.16g (15.05%), Net Carbohydrates: 41.62g (15.14%), Sugar: 9.59g (10.66%), Cholesterol: 1.57mg (0.52%), Sodium: 299.17mg (13.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.93g (13.86%), Manganese: 0.53mg (26.35%), Vitamin C: 12.1mg (14.67%), Fiber: 3.54g (14.16%), Phosphorus: 104.95mg (10.5%), Vitamin B3: 2.05mg (10.27%), Vitamin B2: 0.16mg (9.55%), Vitamin B6: 0.19mg (9.34%), Vitamin B1: 0.12mg (8.19%), Magnesium: 32.57mg (8.14%), Copper: 0.16mg (8.12%), Potassium: 275.12mg (7.86%), Vitamin B5: 0.7mg (6.95%), Folate: 27.7µg (6.93%), Vitamin E: 1mg (6.64%), Vitamin K: 6µg (5.71%), Iron: 0.84mg (4.68%), Zinc: 0.64mg (4.26%), Calcium: 26.7mg (2.67%), Vitamin A: 132.42IU (2.65%)