



Whole-Wheat Couscous with Shrimp

 Dairy Free

READY IN



25 min.

SERVINGS



4

CALORIES



385 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 2 teaspoons ginger fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 1 cup peas frozen
- ☐ 1 teaspoon salt
- ☐ 12 ounces shrimp peeled cut into pieces
- ☐ 1 cup couscous whole-wheat

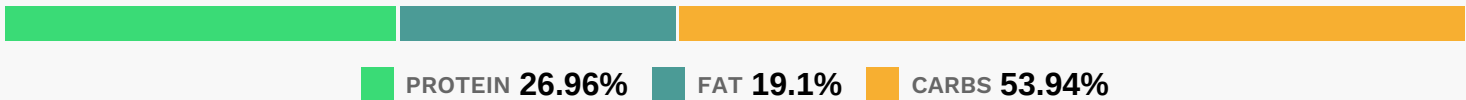
Equipment

- ☐ sauce pan
- ☐ pot

Directions

- ☐ Warm oil in a large nonstick saucepan over medium-high heat.
- ☐ Add ginger and garlic; cook, stirring, until fragrant, about 1 minute.
- ☐ Add shrimp and cook, stirring frequently, until just pink, about 3 minutes.
- ☐ Stir in couscous, 1 1/4 cups water, peas and salt, raise heat to high and bring to a boil.
- ☐ Remove pot from heat, cover and let stand until couscous is tender and liquid has absorbed, 10 to 12 minutes. Stir in lemon juice and serve.

Nutrition Facts



Properties

Glycemic Index:22.33, Glycemic Load:1.49, Inflammation Score:-3, Nutrition Score:9.0852174422015%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 385.01kcal (19.25%), Fat: 8.64g (13.3%), Saturated Fat: 1.08g (6.77%), Carbohydrates: 54.93g (18.31%), Net Carbohydrates: 47.62g (17.32%), Sugar: 3.3g (3.67%), Cholesterol: 136.93mg (45.64%), Sodium: 684.86mg (29.78%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.45g (54.9%), Fiber: 7.31g (29.25%), Phosphorus: 223.24mg (22.32%), Vitamin C: 17.69mg (21.44%), Copper: 0.4mg (20.12%), Iron: 2.91mg (16.18%), Vitamin K: 13.22µg (12.59%), Zinc: 1.61mg (10.71%), Magnesium: 42.81mg (10.7%), Manganese: 0.19mg (9.7%), Potassium: 328.05mg (9.37%), Calcium: 86.59mg (8.66%), Vitamin E: 1.07mg (7.13%), Vitamin B1: 0.1mg (6.66%), Folate: 25.19µg (6.3%), Vitamin A: 277.83IU (5.56%), Vitamin B3: 0.78mg (3.89%), Vitamin B6: 0.08mg (3.78%), Vitamin B2: 0.05mg (2.95%), Selenium: 0.77µg (1.11%)