



Wine and Rosemary Couscous

 Vegetarian

READY IN



15 min.

SERVINGS



3

CALORIES



346 kcal

ANTIPASTI

STARTER

SNACK

APPETIZER

Ingredients

- 1 tablespoon butter
- 0.5 teaspoon rosemary dried crushed
- 0.3 teaspoon salt
- 1 cup water
- 1 cup couscous whole wheat
- 0.3 cup white cooking wine with lemon holland house®

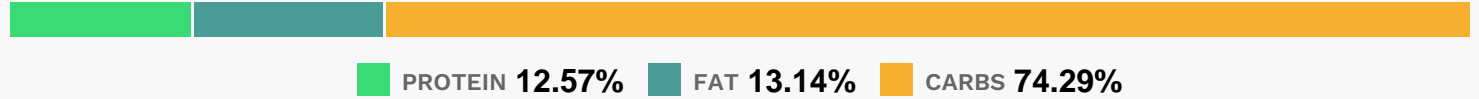
Equipment

- sauce pan

Directions

- In a 3-quart saucepan, combine all ingredients except couscous. Bring to a boil, uncovered, and boil for 1 minute. Turn off heat and stir in couscous; cover and let stand for 5 minutes. Stir and serve.

Nutrition Facts



Properties

Glycemic Index:45, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:2.404782631232%

Flavonoids

Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg, Malvidin: 0.02mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg, Epicatechin: 0.15mg Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg, Hesperetin: 0.11mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 345.93kcal (17.3%), Fat: 5.17g (7.95%), Saturated Fat: 2.4g (15%), Carbohydrates: 65.73g (21.91%), Net Carbohydrates: 58.81g (21.38%), Sugar: 1.64g (1.82%), Cholesterol: 10.03mg (3.34%), Sodium: 229.08mg (9.96%), Alcohol: 2.75g (100%), Alcohol %: 1.84% (100%), Protein: 11.12g (22.25%), Fiber: 6.92g (27.69%), Iron: 2.57mg (14.29%), Calcium: 33.82mg (3.38%), Vitamin A: 117.14IU (2.34%), Manganese: 0.03mg (1.6%)