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Couscous Bake ^{••}

A delicious baked dish made with couscous, vegetables, and spices. It is a versatile dish that can be enjoyed as a main course or a side dish. The couscous is cooked until fluffy and then mixed with sautéed vegetables and flavorful spices. The mixture is then baked until golden and crispy on top. It is a satisfying and wholesome meal that is perfect for any occasion.

Recipe Type: Standard

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	Couscous
400 ml	vegetable broth
2 tbsp	Olive oil
1 medium	onion

1 medium	bell pepper
1 medium	zucchini
250 g	Cherry Tomatoes
2 cloves	garlic
1 teaspoon	Paprika
1 teaspoon	Cumin
1 teaspoon	Salt
0.5 teaspoon	Black pepper

Directions

Step 1

Preheating

Preheat the oven to 180°C (350°F).

Prep Time: 5 mins

Cook Time: 0 mins

Step 2

Boiling

In a large saucepan, bring the vegetable broth to a boil. Add the couscous, cover, and remove from heat. Let it sit for 5 minutes, then fluff with a fork.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Sautéing

In a large skillet, heat the olive oil over medium heat. Add the onion, bell pepper, zucchini, and garlic. Sauté until the vegetables are tender, about 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 4

Sautéing

Add the cherry tomatoes, paprika, cumin, salt, and black pepper to the skillet. Cook for an additional 2 minutes.

Prep Time: 2 mins

Cook Time: 2 mins

Step 5

Mixing

In a large baking dish, combine the cooked couscous and sautéed vegetables. Mix well to combine.

Prep Time: 2 mins

Cook Time: 0 mins

Step 6

Oven

Bake in the preheated oven for 20 minutes, or until the top is golden and crispy.

Prep Time: 0 mins

Cook Time: 20 mins

Step 7

Cooling

Remove from the oven and let it cool for a few minutes before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 180 kcal

Fat: 2 g

Protein: 6 g

Carbohydrates: 36 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	36 g	65.45%	72%
Fibers	5 g	13.16%	20%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	1 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	0 g	0%	0%
Fat	2 g	7.14%	8%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	10 mg	769.23%	769.23%
Vitamin B12	0 mcg	0%	0%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	8 mg	100%	44.44%
Potassium	300 mg	8.82%	11.54%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	4 mg	36.36%	50%
Selenium	2 mcg	3.64%	3.64%

Recipe Attributes

Seasonality

Summer Fall

Events

Picnic

Cuisines

Italian Chinese Mediterranean Spanish American

Nutritional Content

Low Calorie High Protein Low Fat Low Carb High Fiber Low Sodium
High Vitamin C High Iron High Calcium

Kitchen Tools

Grill Slow Cooker

Course

Appetizers

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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