

Italian Parmesan Pearl Couscous

Yield: 4 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-pearl-couscous-recipe>

Ingredients:

- 1 1/2 cups water
- 1 cup pearl couscous uncooked
- 1 tablespoon butter
- 1/4 cup shredded Parmesan cheese
- 1/2 teaspoon salt
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- 1/8 teaspoon crushed rosemary dried, optional, but good

Nutrition:

1. Calories: 210 calories
2. Carbohydrate: 34 grams
3. Cholesterol: 10 milligrams
4. Fat: 4.5 grams
5. Fiber: 2 grams
6. Protein: 8 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 410 milligrams

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