

Couscous vs Quinoa (vsdiff.com)

Metric	Couscous (per 100g cooked)	Quinoa (per 100g cooked)
Calories	~110-180 kcal	~120-220 kcal
Protein	~3-6 g	~4-8 g
Fiber	~1-2 g	~2-5 g
Cooking time	~5-12 min (steamed/soaked)	~12-20 min (boiled)
Gluten	Usually contains gluten	Naturally gluten-free
Origin	North Africa (semolina/wheat)	Andes (pseudo-cereal)
Texture	Light, fine granules	Delicate, slightly chewy
Relative cost	Low-moderate	Moderate-higher

Source: <https://vsdiff.com/couscous-vs-quinoa/>