



HEALTH SCORE

55%

Basil Roasted Vegetables Over Couscous



Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



285 kcal

SIDE DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 3 ounce basil-flavored chèvre crumbled (goat cheese)
- ☐ 3 cups couscous hot cooked
- ☐ 2 tablespoons basil fresh minced
- ☐ 2 garlic cloves crushed
- ☐ 8 ounce mushrooms
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.1 teaspoon pepper

- ☐ 1 medium bell pepper red cut into 1-inch pieces
- ☐ 1 medium onion red cut into 8 wedges
- ☐ 0.3 teaspoon salt
- ☐ 1 medium bell pepper yellow cut into 1-inch pieces
- ☐ 2 medium zucchini cut into 1-inch slices

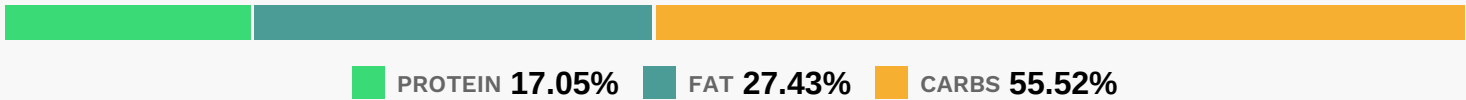
Equipment

- ☐ bowl
- ☐ oven
- ☐ roasting pan

Directions

- ☐ Preheat oven to 425
- ☐ Combine first 5 ingredients in a large bowl; stir well.
- ☐ Add zucchini, bell peppers, onion, and mushrooms; toss well to coat. Arrange vegetables in a single layer in a shallow roasting pan.
- ☐ Bake at 425 for 35 minutes or until tender and browned, stirring occasionally.
- ☐ Spoon roasted vegetables over couscous, and top with cheese.
- ☐ Sprinkle with pepper.
- ☐ Garnish with fresh basil sprigs, if desired.

Nutrition Facts



Properties

Glycemic Index:88.25, Glycemic Load:19.2, Inflammation Score:-9, Nutrition Score:20.967391247335%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin:

0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg, Quercetin: 6.63mg

Nutrients (% of daily need)

Calories: 284.52kcal (14.23%), Fat: 8.87g (13.65%), Saturated Fat: 3.77g (23.55%), Carbohydrates: 40.41g (13.47%), Net Carbohydrates: 35.79g (13.01%), Sugar: 7.51g (8.34%), Cholesterol: 9.78mg (3.26%), Sodium: 245.25mg (10.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.41g (24.81%), Vitamin C: 114.09mg (138.29%), Selenium: 38.92µg (55.6%), Vitamin A: 1460.39IU (29.21%), Vitamin B2: 0.48mg (27.96%), Vitamin B6: 0.52mg (26.09%), Copper: 0.5mg (24.76%), Manganese: 0.48mg (23.96%), Vitamin B3: 4.35mg (21.73%), Folate: 80.75µg (20.19%), Potassium: 694.72mg (19.85%), Phosphorus: 193.66mg (19.37%), Fiber: 4.62g (18.48%), Vitamin B5: 1.82mg (18.2%), Vitamin B1: 0.22mg (14.64%), Vitamin K: 12.67µg (12.06%), Magnesium: 47.54mg (11.89%), Iron: 1.96mg (10.9%), Zinc: 1.31mg (8.77%), Vitamin E: 1.3mg (8.69%), Calcium: 75.29mg (7.53%), Vitamin D: 0.2µg (1.32%), Vitamin B12: 0.06µg (1.05%)