



HEALTH SCORE

62%

Beet, spinach & goat's cheese couscous



Vegetarian



Very Healthy



Popular

READY IN



10 min.

SERVINGS



2

CALORIES



718 kcal

Ingredients

- ☐ 1 orange zest
- ☐ 140 g couscous
- ☐ 25 g walnuts
- ☐ 85 g goat cheese firm crumbled
- ☐ 6 apricot dried roughly chopped
- ☐ 4 small beets cooked quartered
- ☐ 2 handfuls pkt spinach
- ☐ 2 tbsp olive oil extra virgin extra-virgin
- ☐ 0.5 juice of lemon

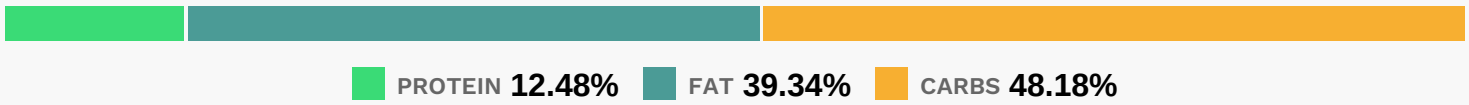
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Put the orange zest, juice and 100ml water in a small pan and bring to the boil.
- ☐ Place the couscous in a medium bowl and pour the hot liquid over.
- ☐ Mix well, then cover and leave to absorb for 5 mins. Fluff up the grains with a fork, then add the walnuts, cheese, apricots, beetroot and seasoning.
- ☐ Mix the oil and lemon juice (or use your favourite bought vinaigrette), then toss well. Pack in two sealed containers, with the spinach sat on top (it wont go soggy when layered up this way). When ready to eat, toss the spinach through.

Nutrition Facts



Properties

Glycemic Index:107.2, Glycemic Load:44.19, Inflammation Score:-10, Nutrition Score:32.929130678592%

Flavonoids

Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg, Cyanidin: 0.34mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg, Luteolin: 0.79mg Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg, Kaempferol: 1.91mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg, Quercetin: 1.41mg

Nutrients (% of daily need)

Calories: 717.62kcal (35.88%), Fat: 32.08g (49.36%), Saturated Fat: 9.04g (56.52%), Carbohydrates: 88.38g (29.46%), Net Carbohydrates: 76.78g (27.92%), Sugar: 23.98g (26.64%), Cholesterol: 19.55mg (6.52%), Sodium: 307.29mg (13.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.91g (45.81%), Vitamin K: 155.47µg (148.07%), Manganese: 1.84mg (91.76%), Vitamin A: 4194.74IU (83.89%), Folate: 258.75µg (64.69%), Fiber: 11.61g (46.43%), Copper: 0.92mg (46.16%), Phosphorus: 364.65mg (36.47%), Vitamin C: 27.25mg (33.02%), Potassium:

1136.26mg (32.46%), Magnesium: 125mg (31.25%), Iron: 4.71mg (26.17%), Vitamin E: 3.91mg (26.1%), Vitamin B6: 0.46mg (22.89%), Vitamin B2: 0.38mg (22.11%), Vitamin B3: 4.17mg (20.83%), Vitamin B1: 0.27mg (17.93%), Calcium: 165.7mg (16.57%), Vitamin B5: 1.65mg (16.45%), Zinc: 2.15mg (14.36%), Selenium: 3.75µg (5.35%), Vitamin B12: 0.08µg (1.35%), Vitamin D: 0.17µg (1.13%)