



Bell Pepper and Fresh Mozzarella Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



1

CALORIES



401 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup artichoke hearts canned rinsed drained chopped
- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.3 cup couscous uncooked
- ☐ 1 teaspoon olive oil extravirgin
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 ounce mozzarella fresh chopped
- ☐ 2 kalamata olives pitted sliced

- ☐ 0.3 cup roasted peppers red chopped
- ☐ 0.1 teaspoon salt
- ☐ 0.5 cup water

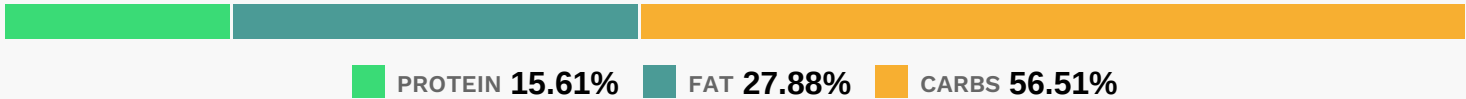
Equipment

- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a small saucepan; gradually stir in couscous and salt.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Add bell peppers and remaining ingredients; toss gently to combine. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:244, Glycemic Load:28.72, Inflammation Score:-5, Nutrition Score:10.886956536252%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 400.83kcal (20.04%), Fat: 12.06g (18.55%), Saturated Fat: 4.53g (28.32%), Carbohydrates: 54.97g (18.32%), Net Carbohydrates: 49.27g (17.92%), Sugar: 3.75g (4.17%), Cholesterol: 22.4mg (7.47%), Sodium: 1576.26mg (68.53%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.19g (30.38%), Manganese: 0.59mg (29.54%), Fiber: 5.7g (22.8%), Phosphorus: 210.27mg (21.03%), Vitamin C: 16.64mg (20.16%), Calcium: 188.25mg (18.83%), Copper: 0.23mg (11.75%), Vitamin B3: 2.27mg (11.37%), Vitamin K: 11.88µg (11.32%), Vitamin B12: 0.65µg (10.77%), Vitamin A: 511.95IU (10.24%), Magnesium: 40.59mg (10.15%), Zinc: 1.42mg (9.45%), Vitamin B2: 0.14mg (8.13%), Vitamin B5: 0.78mg (7.8%), Vitamin B1: 0.11mg (7.59%), Iron: 1.29mg (7.19%), Selenium: 5.02µg (7.16%), Vitamin B6: 0.14mg (7.13%), Vitamin E: 0.95mg (6.36%), Potassium: 198.97mg (5.68%), Folate: 20.76µg (5.19%)