



Broiled Vegetables with Toasted Israeli Couscous



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



252 kcal

SIDE DISH

Ingredients

- ☐ 1.5 tablespoons balsamic vinegar
- ☐ 1.8 cups chicken broth
- ☐ 3 tablespoons basil fresh thinly sliced
- ☐ 1 garlic clove minced
- ☐ 4 ounces regular couscous toasted
- ☐ 3 tablespoons olive oil
- ☐ 2 bell pepper red quartered

- ☐ 0.5 cup onion red finely chopped
- ☐ 1 to 3 sized squashes yellow cut lengthwise into 1/2-inch-thick slices
- ☐ 1 medium zucchini cut lengthwise into 1/2-inch-thick slices

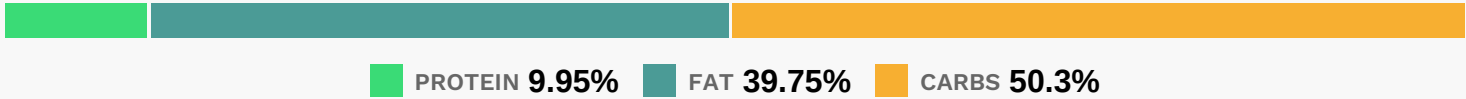
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ broiler
- ☐ cutting board
- ☐ broiler pan

Directions

- ☐ Whisk together balsamic vinegar, garlic, 2 tablespoons oil, and salt and pepper to taste.
- ☐ Preheat broiler. Toss zucchini, yellow squash, and bell peppers with half of dressing in a large bowl, then marinate 5 minutes.
- ☐ Broil half of dressed vegetables on oiled rack of a broiler pan 5 to 7 inches from heat, turning over once, until golden brown and tender, about 16 minutes total.
- ☐ Transfer to a cutting board, then broil remaining dressed vegetables in same manner. When cool, cut into 1-inch pieces.
- ☐ While vegetables are broiling, sauté onion in remaining tablespoon oil in a 4-quart heavy saucepan over moderately high heat, stirring, until softened, then add couscous and sauté, stirring, 2 minutes.
- ☐ Add broth and simmer, covered, until couscous is just tender, 8 to 10 minutes. Stir in broiled vegetables, basil, remaining dressing, and salt and pepper to taste.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:80.25, Glycemic Load:15.61, Inflammation Score:-9, Nutrition Score:15.956521691188%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg, Quercetin: 4.53mg

Nutrients (% of daily need)

Calories: 251.97kcal (12.6%), Fat: 11.35g (17.47%), Saturated Fat: 1.6g (10.02%), Carbohydrates: 32.33g (10.78%), Net Carbohydrates: 28.26g (10.28%), Sugar: 7g (7.78%), Cholesterol: 2.06mg (0.69%), Sodium: 394.13mg (17.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.39g (12.79%), Vitamin C: 95.25mg (115.45%), Vitamin A: 2140.59IU (42.81%), Manganese: 0.57mg (28.55%), Vitamin B6: 0.43mg (21.33%), Vitamin K: 19.13µg (18.22%), Vitamin E: 2.63mg (17.52%), Fiber: 4.08g (16.3%), Folate: 63.85µg (15.96%), Vitamin B2: 0.26mg (15.08%), Potassium: 490.84mg (14.02%), Vitamin B3: 2.3mg (11.49%), Phosphorus: 113.94mg (11.39%), Vitamin B1: 0.16mg (10.45%), Magnesium: 41.66mg (10.41%), Copper: 0.16mg (8.19%), Vitamin B5: 0.76mg (7.58%), Iron: 1.19mg (6.62%), Zinc: 0.81mg (5.43%), Calcium: 40.61mg (4.06%), Selenium: 0.88µg (1.25%)