



Caprese Couscous Salad

 Vegetarian

READY IN



50 min.

SERVINGS



4

CALORIES



284 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 1 tablespoon basil fresh chopped
- ☐ 1 clove garlic minced
- ☐ 0.5 teaspoon ground pepper black
- ☐ 1 cup mozzarella cheese fresh diced
- ☐ 2 teaspoons olive oil extra-virgin
- ☐ 1 cup pearl couscous (Israeli)
- ☐ 0.5 teaspoon salt

- ☐ 1 small shallots minced
- ☐ 2 cups tomatoes diced
- ☐ 1.3 cups water

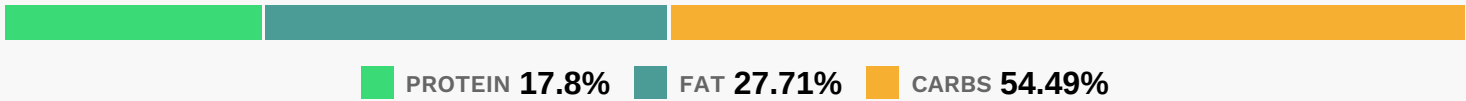
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine tomatoes, mozzarella cheese, shallot, garlic, basil, balsamic vinegar, olive oil, salt, and black pepper in a large bowl. Refrigerate for 20 to 30 minutes.
- ☐ Bring the water to a boil in a saucepan.
- ☐ Remove from the heat, and stir in the couscous. Cover and let stand for 10 minutes; fluff with a fork. Allow couscous to cool, then toss with tomato mixture.

Nutrition Facts



Properties

Glycemic Index:85.5, Glycemic Load:21.63, Inflammation Score:-6, Nutrition Score:9.7334782766259%

Flavonoids

Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg, Naringenin: 0.51mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg, Quercetin: 0.45mg

Nutrients (% of daily need)

Calories: 284.39kcal (14.22%), Fat: 8.7g (13.39%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 38.51g (12.84%), Net Carbohydrates: 35.19g (12.8%), Sugar: 3.12g (3.47%), Cholesterol: 22.12mg (7.37%), Sodium: 479.5mg (20.85%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.58g (25.15%), Manganese: 0.5mg (24.96%), Phosphorus: 195.72mg (19.57%), Calcium: 167.87mg (16.79%), Vitamin A: 837.92IU (16.76%), Vitamin C: 11.03mg (13.37%), Fiber: 3.32g (13.27%), Vitamin B12: 0.64µg (10.64%), Vitamin B3: 1.99mg (9.94%), Vitamin K: 10.28µg (9.79%), Zinc: 1.35mg (9%), Magnesium: 35.9mg (8.97%), Copper: 0.18mg (8.92%), Potassium: 300.37mg (8.58%), Vitamin B2: 0.13mg (7.63%), Vitamin B6: 0.15mg (7.47%), Vitamin B1: 0.11mg (7.42%), Selenium: 4.96µg (7.08%), Vitamin B5: 0.66mg (6.64%), Folate: 24.22µg (6.05%), Iron: 0.95mg (5.25%), Vitamin E: 0.75mg (5.02%)