



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 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

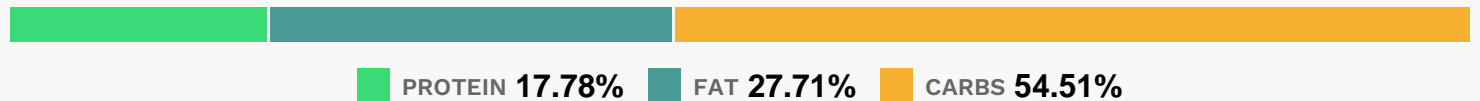
Directions

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:68, Glycemic Load:21.62, Inflammation Score:-6, Nutrition Score:9.5765217905459%

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: 284.27kcal (14.21%), Fat: 8.7g (13.38%), Saturated Fat: 4.03g (25.22%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 35.19g (12.79%), Sugar: 3.12g (3.47%), Cholesterol: 22.12mg (7.37%), Sodium: 479.48mg (20.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.56g (25.12%), Manganese: 0.49mg (24.67%), Phosphorus: 195.44mg (19.54%), Calcium: 166.98mg (16.7%), Vitamin A: 811.55IU (16.23%), Vitamin C: 10.94mg (13.26%), Fiber: 3.31g (13.24%), Vitamin B12: 0.64µg (10.64%), Vitamin B3: 1.98mg (9.92%), Zinc: 1.35mg (8.97%), Magnesium: 35.58mg (8.89%), Copper: 0.18mg (8.82%), Potassium: 298.89mg (8.54%), Vitamin K: 8.21µg (7.81%), Vitamin B2: 0.13mg (7.6%), Vitamin B6: 0.15mg (7.43%), Vitamin B1: 0.11mg (7.41%), Selenium: 4.95µg (7.08%), Vitamin B5: 0.66mg (6.63%), Folate: 23.88µg (5.97%), Iron: 0.93mg (5.17%), Vitamin E: 0.75mg (4.99%)