



Chickpea and Couscous Delight



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

Ingredients

- ☐ 15 ounce garbanzo beans drained canned
- ☐ 1 cup couscous uncooked
- ☐ 1 cucumber peeled sliced
- ☐ 6 servings garlic powder to taste
- ☐ 0.3 teaspoon olive oil
- ☐ 2 roma tomatoes thinly sliced (plum)
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup water

☐ 0.3 teaspoon vinegar white

Equipment

☐ bowl

☐ sauce pan

Directions

☐ Bring water to boil in a medium saucepan. Stir in couscous, and remove from heat. Cover, and let stand about 5 minutes, until liquid has been absorbed. Fluff with a fork.

☐ In a large bowl, mix couscous and garbanzo beans. Toss in tomatoes and cucumbers. Stir olive oil and vinegar into the mixture. Season with garlic powder, salt, and pepper.

Nutrition Facts



PROTEIN 16.85% **FAT 8.74%** **CARBS 74.41%**

Properties

Glycemic Index:35.56, Glycemic Load:16.59, Inflammation Score:-4, Nutrition Score:8.9382607781369%

Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 191.94kcal (9.6%), Fat: 1.88g (2.89%), Saturated Fat: 0.22g (1.38%), Carbohydrates: 35.95g (11.98%), Net Carbohydrates: 30.52g (11.1%), Sugar: 1.31g (1.45%), Cholesterol: 0mg (0%), Sodium: 399.51mg (17.37%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.14g (16.28%), Manganese: 0.89mg (44.73%), Vitamin B6: 0.46mg (22.93%), Fiber: 5.43g (21.71%), Phosphorus: 133.6mg (13.36%), Copper: 0.25mg (12.49%), Magnesium: 42.81mg (10.7%), Folate: 35µg (8.75%), Potassium: 302.74mg (8.65%), Iron: 1.52mg (8.45%), Vitamin B5: 0.73mg (7.31%), Vitamin B1: 0.11mg (7.06%), Vitamin B3: 1.26mg (6.32%), Zinc: 0.94mg (6.28%), Vitamin C: 4.54mg (5.5%), Vitamin K: 5.34µg (5.09%), Calcium: 44.48mg (4.45%), Vitamin A: 218.78IU (4.38%), Vitamin B2: 0.05mg (3.16%), Selenium: 2.19µg (3.12%), Vitamin E: 0.17mg (1.14%)