



Couscous-Arugula Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



188 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups arugula
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.8 cup couscous uncooked
- ☐ 1 tablespoon juice of lemon
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

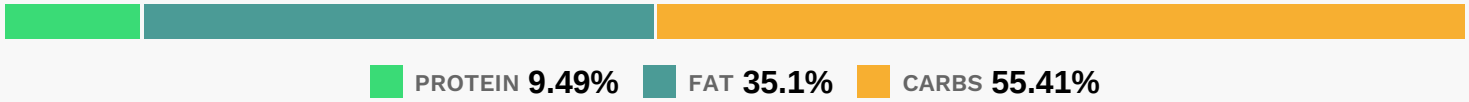
Equipment

sauce pan

Directions

- Bring water to a boil in a medium saucepan. Stir in uncooked couscous and salt.
- Remove from heat; cover and let stand 10 minutes. Fluff couscous with a fork. Stir in arugula, olive oil, lemon juice, and black pepper.

Nutrition Facts



Properties

Glycemic Index:32.25, Glycemic Load:15.37, Inflammation Score:-3, Nutrition Score:4.4991304385273%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg, Isorhamnetin: 0.43mg Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg, Kaempferol: 3.49mg Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg, Quercetin: 0.81mg

Nutrients (% of daily need)

Calories: 187.8kcal (9.39%), Fat: 7.29g (11.22%), Saturated Fat: 1.02g (6.36%), Carbohydrates: 25.9g (8.63%), Net Carbohydrates: 24.04g (8.74%), Sugar: 0.3g (0.33%), Cholesterol: 0mg (0%), Sodium: 154.47mg (6.72%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.44g (8.87%), Manganese: 0.32mg (15.89%), Vitamin K: 15.52µg (14.78%), Fiber: 1.86g (7.43%), Vitamin E: 1.06mg (7.06%), Phosphorus: 61.04mg (6.1%), Vitamin B3: 1.17mg (5.84%), Copper: 0.1mg (5.06%), Magnesium: 20.22mg (5.06%), Vitamin A: 238.89IU (4.78%), Vitamin B5: 0.46mg (4.55%), Folate: 16.98µg (4.24%), Vitamin B1: 0.06mg (3.9%), Vitamin C: 2.95mg (3.58%), Iron: 0.56mg (3.13%), Potassium: 98.03mg (2.8%), Calcium: 27.05mg (2.71%), Vitamin B6: 0.05mg (2.27%), Zinc: 0.33mg (2.18%), Vitamin B2: 0.03mg (2.05%)