



Couscous, Cranberry, and Feta Salad

 Vegetarian

READY IN



15 min.

SERVINGS



2

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup couscous
- ☐ 0.5 cucumber diced
- ☐ 0.3 cup cranberries dried
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 2 servings salt to taste
- ☐ 2 teaspoons balsamic vinaigrette salad dressing to taste
- ☐ 0.7 cup water boiling

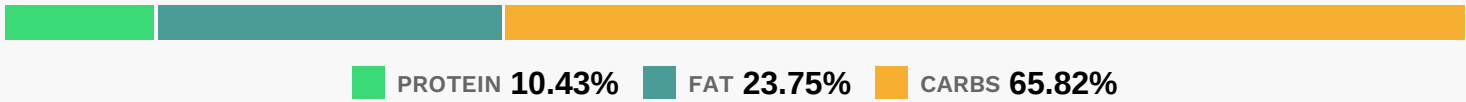
Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Place the couscous and cranberries in a heatproof bowl.
- ☐ Pour in the boiling water, and stir with a fork. Cover the bowl with plastic wrap, and set aside 5 to 10 minutes.
- ☐ Fluff the couscous with a fork, and fold in the cucumber and feta cheese. Season to taste with balsamic vinaigrette and salt.

Nutrition Facts



Properties

Glycemic Index:53.5, Glycemic Load:13.92, Inflammation Score:-2, Nutrition Score:6.80956516836%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg, Myricetin: 0.48mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 246.82kcal (12.34%), Fat: 6.65g (10.23%), Saturated Fat: 2.77g (17.32%), Carbohydrates: 41.46g (13.82%), Net Carbohydrates: 38.42g (13.97%), Sugar: 15.82g (17.58%), Cholesterol: 15.13mg (5.04%), Sodium: 396.98mg (17.26%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.57g (13.14%), Manganese: 0.34mg (16.92%), Phosphorus: 123.67mg (12.37%), Fiber: 3.04g (12.15%), Vitamin K: 12.11µg (11.53%), Vitamin B2: 0.19mg (11.2%), Calcium: 105.53mg (10.55%), Copper: 0.16mg (7.77%), Vitamin B6: 0.15mg (7.49%), Vitamin B5: 0.75mg (7.47%), Magnesium: 26.52mg (6.63%), Vitamin B1: 0.1mg (6.6%), Vitamin B3: 1.31mg (6.57%), Zinc: 0.88mg (5.9%), Folate: 21.71µg (5.43%), Potassium: 170.74mg (4.88%), Vitamin B12: 0.29µg (4.79%), Vitamin E: 0.7mg (4.7%), Selenium: 2.83µg (4.04%), Iron: 0.67mg (3.71%), Vitamin C: 2.44mg (2.96%), Vitamin A: 125.74IU (2.51%)