



Couscous Loaf With Feta, Eggplant, and Onion

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



204 kcal

SIDE DISH

Ingredients

- 0.5 cup chickpeas canned drained (garbanzo beans)
- 1.5 cups couscous uncooked
- 1 large eggs
- 2 cups eggplant diced
- 4 ounces feta cheese crumbled
- 3 garlic cloves minced
- 2 teaspoons olive oil
- 0.5 cup onion diced

- 2 teaspoons oregano dried
- 0.5 cup bottled roasted bell peppers red chopped
- 0.5 teaspoon salt
- 1 teaspoon turmeric
- 3 cups water
- 1 cup zucchini diced

Equipment

- frying pan
- sauce pan
- baking paper
- oven
- wire rack
- loaf pan

Directions

- Preheat oven to 32
- Bring water to a boil in a medium saucepan; gradually stir in couscous, turmeric, and salt.
- Remove from heat. Cover and let stand 5 minutes. Fluff with a fork.
- Heat oil in a large nonstick skillet over medium-high heat.
- Add eggplant and next 5 ingredients (eggplant through garlic); saut 4 minutes.
- Combine eggplant mixture, couscous, chickpeas, feta, and egg. Coat a 9 x 5-inch loaf pan with cooking spray; line with parchment paper, allowing the parchment to extend over outside edges. Spoon couscous mixture into pan, pressing firmly to pack. Fold parchment over top of couscous mixture.
- Bake at 325 for 45 minutes or until set. Cool on a wire rack 10 minutes. Unfold parchment; invert molded couscous mixture onto a platter. Cool 15 minutes. Slice; serve warm.

Nutrition Facts



■ PROTEIN 16.03% ■ FAT 23.12% ■ CARBS 60.85%

Properties

Glycemic Index:30.54, Glycemic Load:16.34, Inflammation Score:-9, Nutrition Score:8.2226087321406%

Flavonoids

Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg, Delphinidin: 17.57mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg, Quercetin: 2.16mg

Nutrients (% of daily need)

Calories: 203.55kcal (10.18%), Fat: 5.22g (8.04%), Saturated Fat: 2.32g (14.52%), Carbohydrates: 30.94g (10.31%), Net Carbohydrates: 27.53g (10.01%), Sugar: 1.6g (1.78%), Cholesterol: 35.87mg (11.96%), Sodium: 474.25mg (20.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Manganese: 0.51mg (25.41%), Phosphorus: 142.08mg (14.21%), Fiber: 3.41g (13.63%), Vitamin B6: 0.25mg (12.43%), Vitamin B2: 0.21mg (12.18%), Calcium: 108.21mg (10.82%), Vitamin C: 8.47mg (10.27%), Copper: 0.17mg (8.36%), Vitamin B3: 1.6mg (7.99%), Vitamin B5: 0.78mg (7.83%), Magnesium: 31.11mg (7.78%), Folate: 29.37µg (7.34%), Vitamin B1: 0.11mg (7.05%), Zinc: 0.99mg (6.6%), Selenium: 4.61µg (6.59%), Iron: 1.19mg (6.59%), Potassium: 217.96mg (6.23%), Vitamin K: 5.46µg (5.2%), Vitamin B12: 0.3µg (4.92%), Vitamin A: 185.13IU (3.7%), Vitamin E: 0.42mg (2.78%), Vitamin D: 0.18µg (1.21%)