



Couscous Nicoise

READY IN

ready

55 min.

SERVINGS

servings

6

CALORIES

calories

173 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon anchovy paste
- ☐ 4 cups baby greens
- ☐ 1 tablespoon butter
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 0.8 cup couscous
- ☐ 0.5 cucumber english sliced
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 garlic clove smashed
- ☐ 0.3 pound green beans ends trimmed

- ☐ 0.5 cup mushrooms jarred prepared
- ☐ 1 tablespoon olive oil
- ☐ 0.3 pound niçoise olives
- ☐ 0.5 teaspoon freshly cracked pepper black
- ☐ 1 teaspoon freshly cracked pepper black
- ☐ 0.5 cup bell pepper red julienned
- ☐ 0.3 teaspoon salt
- ☐ 1 teaspoon salt
- ☐ 0.3 cup sherry vinegar
- ☐ 0.8 cup water
- ☐ 1 teaspoon whole-grain dijon mustard

Equipment

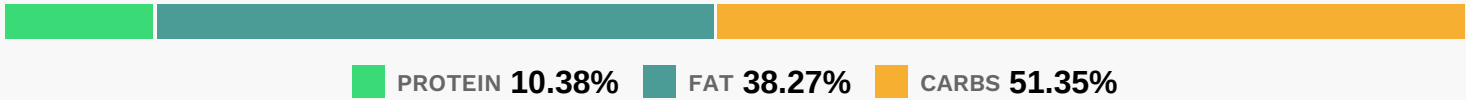
- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ pot

Directions

- ☐ Add the water to a small saucepan over high heat.
- ☐ Add the salt, butter and the smashed garlic clove and bring to a boil.
- ☐ Remove the pot from the heat and stir in the couscous. Cover and let sit for 5 minutes. Fluff with a fork, season with pepper and additional salt, if needed, and let cool.
- ☐ On a medium-size platter, pile the cooled couscous into the center, ring it with the greens, then neatly arrange the remaining vegetables in individual segments.
- ☐ Drizzle with the vinaigrette and serve immediately.
- ☐ Bring a large pot of water to a boil over medium heat and add the green beans. Blanch for 2 minutes, then remove to an ice bath and let cool.
- ☐ In a small glass bowl or jar, whisk the mustard, vinegar, anchovy paste and garlic together.

- ☐
- Slowly drizzle in the olive oil while whisking.
- ☐
- Add the salt and pepper and adjust seasonings, if necessary.
- ☐
- Let sit for 20 minutes, then whisk before serving.

Nutrition Facts



Properties

Glycemic Index:63.5, Glycemic Load:10.9, Inflammation Score:-7, Nutrition Score:8.7669565094554%

Flavonoids

Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 172.99kcal (8.65%), Fat: 7.52g (11.57%), Saturated Fat: 1.99g (12.41%), Carbohydrates: 22.7g (7.57%), Net Carbohydrates: 19.76g (7.18%), Sugar: 2.15g (2.39%), Cholesterol: 5.44mg (1.81%), Sodium: 837.37mg (36.41%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.59g (9.17%), Vitamin C: 28.37mg (34.39%), Vitamin A: 1045.25IU (20.91%), Manganese: 0.39mg (19.26%), Vitamin K: 15.92µg (15.16%), Fiber: 2.95g (11.78%), Vitamin E: 1.49mg (9.91%), Vitamin B3: 1.7mg (8.51%), Copper: 0.17mg (8.34%), Phosphorus: 80.14mg (8.01%), Folate: 31.73µg (7.93%), Vitamin B6: 0.15mg (7.72%), Potassium: 263.23mg (7.52%), Magnesium: 28.37mg (7.09%), Vitamin B2: 0.11mg (6.46%), Vitamin B5: 0.61mg (6.09%), Iron: 1.1mg (6.09%), Vitamin B1: 0.09mg (6.08%), Calcium: 39.58mg (3.96%), Zinc: 0.47mg (3.13%), Selenium: 2.06µg (2.95%)