



Couscous Salad



Vegetarian



Vegan



Dairy Free

READY IN



8 min.

SERVINGS



7

CALORIES



60 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 grape tomatoes halved quartered
- ☐ 1 teaspoon juice of lemon
- ☐ 0.3 teaspoon lemon zest
- ☐ 2 tablespoons pecans chopped
- ☐ 1 persian cucumber quartered
- ☐ 2 teaspoons pesto
- ☐ 7 servings salt and pepper
- ☐ 0.3 cup couscous whole-wheat

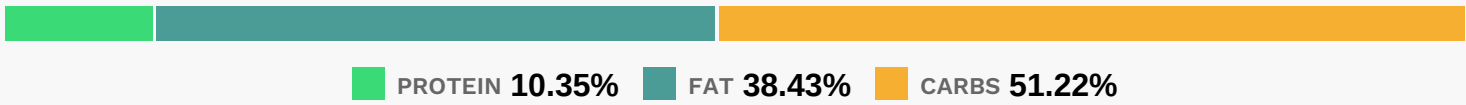
Equipment

- ☐ bowl
- ☐ pot

Directions

- ☐ Bring 1/3 cup water to a boil in a hot pot. Stir in couscous and a pinch of salt, cover and turn power off.
- ☐ Let it sit undisturbed until water has been absorbed, at least 5 minutes. Fluff with a fork.
- ☐ While couscous is steaming, mix pesto, lemon juice and lemon zest, if desired, in a wide, shallow bowl. Season with pepper. Toss in tomatoes and cucumbers.
- ☐ Add couscous to bowl along with pecans, if desired, and toss again. Season with salt and pepper.

Nutrition Facts



Properties

Glycemic Index:6.86, Glycemic Load:0.14, Inflammation Score:-1, Nutrition Score:1.6156521569128%

Flavonoids

Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg, Cyanidin: 0.31mg Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg, Delphinidin: 0.21mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg, Eriodictyol: 0.03mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg, Naringenin: 0.09mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 59.98kcal (3%), Fat: 2.77g (4.26%), Saturated Fat: 0.27g (1.72%), Carbohydrates: 8.3g (2.77%), Net Carbohydrates: 7.07g (2.57%), Sugar: 0.78g (0.87%), Cholesterol: 0.11mg (0.04%), Sodium: 207.93mg (9.04%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 1.68g (3.36%), Manganese: 0.15mg (7.47%), Fiber: 1.23g (4.93%), Vitamin A: 140.03IU (2.8%), Vitamin C: 2.29mg (2.77%), Vitamin K: 2.37µg (2.26%), Iron: 0.41mg (2.25%), Copper: 0.05mg (2.25%), Vitamin B1: 0.03mg (1.71%), Potassium: 53.14mg (1.52%), Magnesium: 5.89mg (1.47%), Phosphorus: 12.81mg (1.28%), Zinc: 0.17mg (1.11%)