



## Couscous Salad Cups



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



106 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 8 boston lettuce leaves
- ☐ 1 cup carrots shredded
- ☐ 1 cup couscous uncooked
- ☐ 0.5 cup cucumber diced english
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 0.5 cup spring onion chopped

- ☐ 0.5 cup cranberry–orange relish
- ☐ 0.5 cup plum tomatoes   diced
- ☐ 0.3 teaspoon salt
- ☐ 2 cups vegetable stock   organic (such as Swanson Certified )

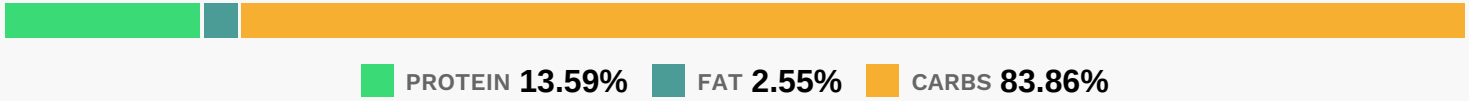
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring the broth to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork; cool.
- ☐ Combine cooled couscous, carrot, and remaining ingredients except lettuce leaves in a large bowl; toss well to combine. Spoon about 2/3 cup couscous mixture into each lettuce leaf.

Nutrition Facts



Properties

Glycemic Index:41.67, Glycemic Load:11.75, Inflammation Score:–9, Nutrition Score:10.49913038119%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg, Hesperetin: 3.21mg Naringenin: 1.82mg, Naringenin: 1.82mg, Naringenin: 1.82mg, Naringenin: 1.82mg Apigenin: 4.12mg, Apigenin: 4.12mg, Apigenin: 4.12mg, Apigenin: 4.12mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg, Quercetin: 1.25mg

Nutrients (% of daily need)

Calories: 105.5kcal (5.27%), Fat: 0.3g (0.46%), Saturated Fat: 0.05g (0.32%), Carbohydrates: 22.33g (7.44%), Net Carbohydrates: 19.8g (7.2%), Sugar: 3.11g (3.46%), Cholesterol: 0mg (0%), Sodium: 324.99mg (14.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.62g (7.24%), Vitamin A: 3730.55IU (74.61%), Vitamin K: 63.48µg (60.46%), Vitamin C: 13.81mg (16.74%), Manganese: 0.28mg (14.05%), Fiber: 2.53g (10.11%), Folate: 32.83µg (8.21%), Potassium:

224.24mg (6.41%), Vitamin B3: 1.17mg (5.87%), Phosphorus: 58.52mg (5.85%), Vitamin B1: 0.08mg (5.18%), Magnesium: 20.4mg (5.1%), Copper: 0.09mg (4.65%), Iron: 0.82mg (4.58%), Vitamin B6: 0.09mg (4.34%), Vitamin B5: 0.41mg (4.11%), Calcium: 33.57mg (3.36%), Vitamin B2: 0.06mg (3.27%), Zinc: 0.35mg (2.37%), Vitamin E: 0.28mg (1.89%)