



Couscous Salad with Chickpeas and Tomatoes

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



149 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.8 cup chickpeas canned rinsed drained (garbanzo beans)
- ☐ 0.8 cup couscous uncooked
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 1.5 ounces feta cheese crumbled
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons kalamata olives pitted chopped
- ☐ 1 tablespoon juice of lemon fresh

- ☐ 1 Dash pepper black freshly ground
- ☐ 0.3 cup plum tomatoes seeded chopped
- ☐ 2 tablespoons onion red minced
- ☐ 1 tablespoon red wine vinegar
- ☐ 0.1 teaspoon salt
- ☐ 6 tablespoons vegetable broth organic (such as Swanson Certified)
- ☐ 6 tablespoons water

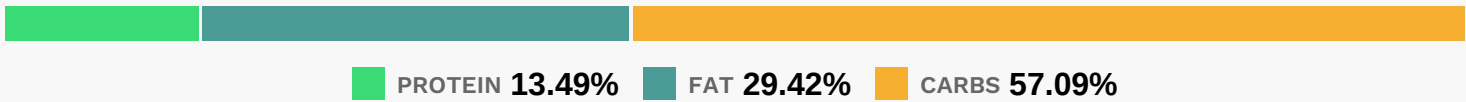
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring vegetable broth and 6 tablespoons water to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand for 10 minutes. Fluff with a fork.
- ☐ Combine cooked couscous and remaining ingredients in a large bowl.

Nutrition Facts



Properties

Glycemic Index:51.06, Glycemic Load:11.31, Inflammation Score:-3, Nutrition Score:5.9217391506485%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg, Apigenin: 2.88mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg, Quercetin: 0.77mg

Nutrients (% of daily need)

Calories: 148.62kcal (7.43%), Fat: 4.85g (7.46%), Saturated Fat: 1.39g (8.71%), Carbohydrates: 21.18g (7.06%), Net Carbohydrates: 18.83g (6.85%), Sugar: 0.7g (0.78%), Cholesterol: 6.31mg (2.1%), Sodium: 292.56mg (12.72%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.01g (10.01%), Vitamin K: 24.52µg (23.35%), Manganese: 0.36mg (18.17%), Fiber: 2.34g (9.37%), Vitamin B6: 0.17mg (8.43%), Phosphorus: 82.47mg (8.25%), Vitamin A: 297.53IU (5.95%), Vitamin C: 4.82mg (5.84%), Calcium: 53.49mg (5.35%), Copper: 0.1mg (5.23%), Vitamin B2: 0.09mg (5%), Magnesium: 19.57mg (4.89%), Vitamin B3: 0.96mg (4.8%), Vitamin B5: 0.42mg (4.24%), Folate: 16.93µg (4.23%), Vitamin B1: 0.06mg (4.1%), Iron: 0.7mg (3.88%), Zinc: 0.57mg (3.81%), Vitamin E: 0.54mg (3.57%), Potassium: 118.14mg (3.38%), Selenium: 1.52µg (2.17%), Vitamin B12: 0.12µg (2%)