



Couscous Salad with Dried Tomato Vinaigrette



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



233 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 1 medium cucumber
- ☐ 1 tablespoon cumin seeds
- ☐ 0.3 cup tomatoes dried minced
- ☐ 0.3 cup cilantro leaves fresh minced
- ☐ 1 garlic clove pressed
- ☐ 0.1 teaspoon ground pepper red
- ☐ 1 tablespoon mustard seeds

- ☐ 0.3 cup olive oil
- ☐ 0.5 teaspoon pepper
- ☐ 0.5 medium size purple onion
- ☐ 1 bell pepper red
- ☐ 3 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups water

Equipment

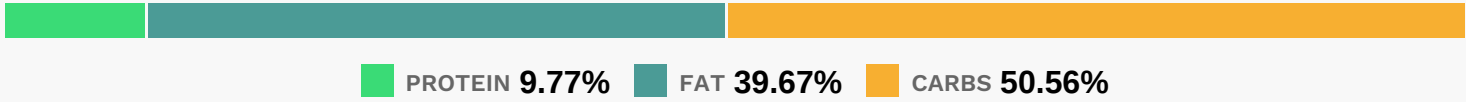
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ aluminum foil
- ☐ ziploc bags

Directions

- ☐ Place bell pepper on an aluminum foil-lined baking sheet.
- ☐ Broil 5 inches from heat (with electric oven door partially open) about 5 minutes on each side or until blistered.
- ☐ Place pepper in a heavy-duty zip-top plastic bag; seal and let stand 10 minutes to loosen skin. Peel pepper; remove and discard seeds. Dice pepper and onion; peel, seed, and dice cucumber. Set vegetables aside.
- ☐ Whisk oil and next 5 ingredients in a small bowl.
- ☐ Cook mustard and cumin seeds in a small skillet over medium heat, stirring constantly, 5 minutes or until toasted; immediately stir into oil mixture.
- ☐ Add tomato and cilantro, stirring dressing well.

- ☐
- Bring water and next 3 ingredients to a boil in a saucepan; stir in couscous.
- ☐
- Remove from heat; cover and let stand 5 minutes or until liquid is absorbed.
- ☐
- Transfer to a serving bowl; stir in diced vegetables.
- ☐
- Drizzle with dressing; toss gently.

Nutrition Facts



Properties

Glycemic Index:50, Glycemic Load:14.97, Inflammation Score:-7, Nutrition Score:10.090869613316%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg, Quercetin: 2.27mg

Nutrients (% of daily need)

Calories: 232.52kcal (11.63%), Fat: 10.39g (15.99%), Saturated Fat: 1.38g (8.61%), Carbohydrates: 29.81g (9.94%), Net Carbohydrates: 26.4g (9.6%), Sugar: 4.14g (4.61%), Cholesterol: 0mg (0%), Sodium: 308.03mg (13.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.76g (11.53%), Vitamin C: 30.15mg (36.54%), Manganese: 0.51mg (25.6%), Vitamin A: 775.25IU (15.5%), Fiber: 3.41g (13.65%), Vitamin K: 14µg (13.33%), Vitamin E: 1.78mg (11.86%), Potassium: 401.28mg (11.47%), Copper: 0.22mg (11.25%), Iron: 2mg (11.13%), Magnesium: 43.85mg (10.96%), Phosphorus: 107.86mg (10.79%), Vitamin B3: 1.93mg (9.63%), Vitamin B1: 0.13mg (8.49%), Vitamin B6: 0.16mg (7.91%), Folate: 29.05µg (7.26%), Vitamin B5: 0.66mg (6.64%), Selenium: 4.39µg (6.27%), Vitamin B2: 0.09mg (5.32%), Zinc: 0.66mg (4.42%), Calcium: 40.66mg (4.07%)