



Couscous Salad with Honey Vinaigrette

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 3 tablespoons almonds toasted sliced for 10 minutes
- 1 cup arugula fresh
- 6 servings pepper black freshly ground
- 0.3 cup cider vinegar
- 1.5 cups couscous
- 1 pound cucumber english peeled seeded cut into 1/2-inch cubes
- 0.3 cup honey
- 1 tablespoon lemon thyme leaves fresh finely chopped

- 0.5 cup olive oil extra-virgin
- 1.5 tablespoons olive oil
- 0.5 cup raisins white
- 6 servings sea salt
- 1 pound summer squash cut in 1/2-inch cubes
- 4 cups water

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Bring 4 cups water and 1 teaspoon salt to a boil. Gradually add the couscous. Return to a boil and let cook for 2 minutes.
- Remove from the heat, cover, and let stand for 3 minutes.
- Meanwhile, in a saute pan, heat the olive oil.
- Add cubed squash. Season with salt and pepper.
- Saute, stirring often, for about 4 minutes, or until caramelized and crispy.
- Add the fresh lemon thyme and set aside.
- In a small saucepan, heat the honey and vinegar until just warm.
- Whisk in olive oil and season with salt and twist of pepper.
- Remove from the heat, and add the raisins. Fluff the couscous with a fork.
- Place the arugula in a serving bowl. Toss with the warm squash, couscous, cucumber and 2 tablespoons of the toasted almonds.
- Add enough dressing to coat the salad. Season with salt and pepper, and top with the remaining 1 tablespoon of almonds.

Nutrition Facts



■ PROTEIN 9.13% ■ FAT 24.69% ■ CARBS 66.18%

Properties

Glycemic Index:61.18, Glycemic Load:32.24, Inflammation Score:-6, Nutrition Score:12.340869525205%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg, Luteolin: 0.55mg Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg, Isorhamnetin: 0.28mg Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg, Kaempferol: 1.28mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 360.83kcal (18.04%), Fat: 10.2g (15.69%), Saturated Fat: 1.31g (8.21%), Carbohydrates: 61.53g (20.51%), Net Carbohydrates: 56.44g (20.52%), Sugar: 14.85g (16.5%), Cholesterol: 0mg (0%), Sodium: 214.69mg (9.33%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.99%), Manganese: 0.76mg (37.8%), Vitamin C: 18.06mg (21.89%), Vitamin K: 22.74µg (21.65%), Fiber: 5.09g (20.36%), Vitamin E: 2.43mg (16.21%), Magnesium: 64.8mg (16.2%), Phosphorus: 158mg (15.8%), Potassium: 552.79mg (15.79%), Copper: 0.31mg (15.3%), Vitamin B2: 0.26mg (15.23%), Vitamin B6: 0.28mg (14.12%), Vitamin B3: 2.32mg (11.58%), Folate: 42.49µg (10.62%), Vitamin B1: 0.15mg (10.21%), Iron: 1.82mg (10.14%), Vitamin B5: 0.91mg (9.1%), Vitamin A: 365.7IU (7.31%), Calcium: 67.62mg (6.76%), Zinc: 1mg (6.64%), Selenium: 0.79µg (1.13%)