



Couscous Salad with Portobello Mushrooms

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



452 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 cup cheese crumbled finely (such as feta, aged goat cheese, or ricotta)
- 10 ounce couscous plain
- 1 cup mint leaves fresh chopped
- 2 large garlic cloves divided minced
- 1 pint grape tomatoes
- 0.7 cup kalamata olives pitted drained
- 0.3 cup juice of lemon fresh
- 1 sprigs garnishes: mint tomatoes dried

- 6 cups greens mixed (such as watercress, arugula, and frisée)
- 0.8 cup olive oil extra-virgin divided
- 0.5 cup pecan halves toasted coarsely chopped
- 6 servings pepper freshly ground to taste
- 6 large portobello mushroom caps
- 6 servings salt to taste

Equipment

- bowl
- paper towels
- whisk
- grill
- grill pan

Directions

- Prepare couscous according to package directions.
- Wipe mushroom caps clean with dampened paper towels. (
- Remove gills from underside with a spoon, if desired.)
- Drizzle with 1/4 cup oil, coating both sides, and season with 1 garlic clove, salt, and pepper.
- Transfer to heated grill pan or outdoor grill, and grill over medium heat 3 to 4 minutes on each side or until cooked.
- Transfer to a plate, reserving juices.
- Combine remaining minced garlic and lemon juice in a medium bowl; whisk in remaining 1/2 cup oil. Season with salt and pepper. Fluff couscous with a fork, and transfer to a large bowl.
- Add tomatoes and next 4 ingredients.
- Add all but 2 tablespoons dressing to couscous, and toss to combine.
- Toss mixed greens with remaining 2 tablespoons dressing in a separate large bowl; arrange greens around rim of 6 serving plates. Mound couscous mixture in center. Slice mushrooms diagonally, and arrange on top.
- Pour mushroom juices over salad, and garnish, if desired.

Nutrition Facts

PROTEIN 14.91% FAT 43.61% CARBS 41.48%

Properties

Glycemic Index:29.17, Glycemic Load:23.19, Inflammation Score:-9, Nutrition Score:21.185217313145%

Flavonoids

Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg, Cyanidin: 0.89mg Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg, Delphinidin: 0.6mg Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg, Catechin: 0.6mg Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg, Epigallocatechin: 0.46mg Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg, Epicatechin: 0.07mg Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg, Epigallocatechin 3-gallate: 0.19mg Eriodictyol: 2.87mg, Eriodictyol: 2.87mg, Eriodictyol: 2.87mg, Eriodictyol: 2.87mg Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg, Hesperetin: 2.25mg Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg, Naringenin: 0.68mg Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg, Apigenin: 0.44mg Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg, Luteolin: 1.09mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 452.45kcal (22.62%), Fat: 22.5g (34.61%), Saturated Fat: 7.23g (45.19%), Carbohydrates: 48.15g (16.05%), Net Carbohydrates: 41.77g (15.19%), Sugar: 5.19g (5.76%), Cholesterol: 17.4mg (5.8%), Sodium: 596.42mg (25.93%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.31g (34.62%), Manganese: 1.11mg (55.28%), Copper: 0.85mg (42.44%), Vitamin A: 1892.64IU (37.85%), Phosphorus: 333.97mg (33.4%), Vitamin B3: 6.56mg (32.78%), Vitamin C: 26.86mg (32.56%), Fiber: 6.38g (25.51%), Selenium: 17.45µg (24.93%), Potassium: 749.39mg (21.41%), Vitamin B2: 0.36mg (21.16%), Vitamin B6: 0.42mg (20.76%), Vitamin B5: 2.04mg (20.42%), Folate: 77.22µg (19.31%), Vitamin B1: 0.26mg (17.51%), Iron: 2.69mg (14.96%), Magnesium: 58.72mg (14.68%), Vitamin E: 1.99mg (13.28%), Zinc: 1.89mg (12.58%), Calcium: 115.15mg (11.52%), Vitamin K: 10.84µg (10.33%), Vitamin D: 0.4µg (2.69%), Vitamin B12: 0.11µg (1.9%)