



 **42%**
HEALTH SCORE

Couscous Salad With Roasted Vegetables

 Vegetarian

READY IN



45 min.

SERVINGS



10

CALORIES



485 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups regular couscous
- 3 cups chicken stock see hot boiling for regular
- 6 tablespoons olive oil extra virgin extra-virgin
- 0.5 cup sun-dried olives chopped
- 3 tablespoons basil pesto bought
- 3 tablespoons balsamic vinegar
- 1 pinch salt and pepper to taste
- 1 cup feta cheese crumbled

- 2 medium zucchini sliced
- 2 medium to 3 sized squashes yellow sliced
- 1 bell pepper red seeded cut into pieces
- 8 crimini mushrooms sliced
- 4 garlic clove minced
- 2 cups butternut squash cut into cubes
- 0.5 cup onion red cut into pieces
- 2 cups asparagus cut into pieces
- 10 servings olive oil extra virgin extra-virgin
- 10 servings balsamic vinegar

Equipment

- oven
- pot

Directions

- Put the couscous (Israeli pearl couscous) in a pot and pour over the hot stock and simmer for 15 to 20 minutes until the stock is absorbed. (You do not have to cook the western style couscous which is pre-steamed and instant.)
- Preheat the oven to 400* F. Grease an ovenproof dish with nonstick spray. Arrange the vegetables, except the asparagus in a single layer in the prepared dish and drizzle with olive oil. Roast for about 20 to 25 minutes until the vegetables are done but still crisp - add the asparagus after the first 10 minutes of roasting and stir the vegetables slightly. When the vegetables are done sprinkle with a little balsamic vinegar.
- When the couscous are done stir in the extra-virgin olive oil, sun-dried tomatoes, and pesto to make the couscous moist and fragrant.
- Add the balsamic vinegar, salt and pepper.
- Add the roasted vegetables to the couscous and mix with the couscous.
- Add the feta cheese and mix with the roasted vegetables and couscous. This salad can be served warm or cooled down to room temperature and it is delicious served with beef or chicken.

Nutrition Facts

PROTEIN 9.69% FAT 52.87% CARBS 37.44%

Properties

Glycemic Index:39, Glycemic Load:19.73, Inflammation Score:-10, Nutrition Score:21.88347826087%

Flavonoids

Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg, Isorhamnetin: 1.93mg Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg, Kaempferol: 0.43mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg, Quercetin: 5.68mg

Taste

Sweetness: 41.85%, Saltiness: 93.99%, Sourness: 28.98%, Bitterness: 32.92%, Savoriness: 64.45%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 484.69kcal (24.23%), Fat: 28.86g (44.4%), Saturated Fat: 5.75g (35.93%), Carbohydrates: 45.97g (15.32%), Net Carbohydrates: 41.06g (14.93%), Sugar: 10.55g (11.72%), Cholesterol: 15.87mg (5.29%), Sodium: 341.98mg (14.87%), Protein: 11.9g (23.8%), Vitamin A: 3912.91IU (78.26%), Vitamin C: 39.56mg (47.95%), Manganese: 0.7mg (35.15%), Vitamin K: 31.22µg (29.73%), Vitamin E: 4.27mg (28.45%), Vitamin B2: 0.47mg (27.6%), Potassium: 824.84mg (23.57%), Vitamin B3: 4.69mg (23.43%), Phosphorus: 231.08mg (23.11%), Vitamin B6: 0.46mg (22.85%), Copper: 0.41mg (20.6%), Fiber: 4.91g (19.65%), Folate: 72.28µg (18.07%), Vitamin B1: 0.26mg (17.57%), Magnesium: 64.9mg (16.23%), Iron: 2.62mg (14.57%), Calcium: 143.2mg (14.32%), Selenium: 9.43µg (13.47%), Vitamin B5: 1.31mg (13.06%), Zinc: 1.6mg (10.68%), Vitamin B12: 0.27µg (4.49%)