



## Couscous Salad with Tomato and Basil

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



215 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 tablespoons balsamic vinegar
- 1.5 cups couscous
- 0.3 cup feta cheese crumbled
- 0.3 cup basil fresh thinly sliced
- 2 cloves garlic minced
- 0.3 teaspoon ground pepper black
- 1 tablespoon olive oil extra-virgin
- 0.5 teaspoon salt

2 cups tomatoes chopped

## Equipment

bowl

microwave

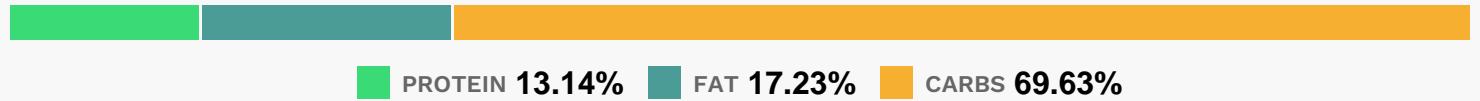
## Directions

Mix 1 tablespoon olive oil and garlic in a large microwave-safe bowl; heat on high until fragrant, about 45 seconds.

Add chicken broth and heat on high until simmering, about 4 minutes. Gradually stir in couscous. Cover and let stand until liquid is absorbed, about 5 minutes. Fluff couscous with a fork.

Stir tomato, basil, vinegar, salt, and black pepper into couscous; drizzle with remaining 1 tablespoon olive oil and sprinkle with feta cheese.

## Nutrition Facts



## Properties

Glycemic Index:52, Glycemic Load:21.5, Inflammation Score:-5, Nutrition Score:6.7708696457355%

## Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

## Nutrients (% of daily need)

Calories: 215.45kcal (10.77%), Fat: 4.07g (6.26%), Saturated Fat: 1.22g (7.63%), Carbohydrates: 36.99g (12.33%), Net Carbohydrates: 34.17g (12.43%), Sugar: 2.12g (2.35%), Cholesterol: 5.56mg (1.85%), Sodium: 273.36mg (11.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.98g (13.97%), Manganese: 0.45mg (22.29%), Fiber: 2.82g (11.29%), Phosphorus: 109.93mg (10.99%), Vitamin K: 11.13µg (10.6%), Vitamin A: 510.98IU (10.22%), Vitamin B3: 1.89mg (9.43%), Vitamin C: 7.36mg (8.92%), Copper: 0.15mg (7.44%), Magnesium: 27.57mg (6.89%), Vitamin B1: 0.1mg (6.74%), Vitamin B5: 0.65mg (6.52%), Vitamin B6: 0.13mg (6.43%), Potassium: 208.47mg (5.96%), Vitamin B2: 0.1mg (5.78%), Calcium: 52.28mg (5.23%), Folate: 19.05µg (4.76%), Zinc: 0.65mg (4.34%), Iron: 0.76mg (4.23%), Vitamin E: 0.63mg (4.19%), Vitamin B12: 0.11µg (1.76%), Selenium: 1.09µg (1.55%)