



Couscous Salad with Zucchini and Roasted Almonds



Vegetarian



Vegan



Dairy Free

READY IN



35 min.

SERVINGS



35

CALORIES



85 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup roasted almonds chopped
- ☐ 2 cups couscous
- ☐ 1 cup peas fresh
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup mint leaves chopped
- ☐ 6 tablespoons olive oil extra-virgin
- ☐ 0.5 cup parsley chopped

- ☐ 35 servings salt black red crushed for seasoning
- ☐ 35 servings salt and pepper freshly ground
- ☐ 0.5 cup scallions sliced
- ☐ 1.5 cups zucchini diced finely

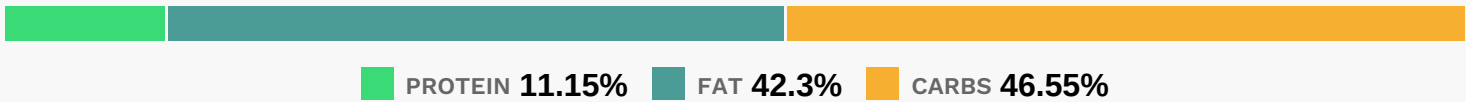
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Pour 2 cups boiling water over the couscous; cover and let stand for 5 minutes. Boil the peas in 1/2 cup water for 1 minute.
- ☐ Drain the peas, reserving 1/4 cup of the water. In a skillet, saut the zucchini in 3 tablespoons of the olive oil until crisp-tender, about 3 minutes. Season with salt and pepper and let cool to room temperature. In a small bowl, mix the reserved pea cooking water with the lemon juice and the remaining 3 tablespoons of olive oil. Fluff the couscous and pour this dressing on top.
- ☐ Stir in the zucchini, peas, almonds, scallions, parsley and mint. Season with salt, black pepper and crushed red pepper.

Nutrition Facts



Properties

Glycemic Index:5.67, Glycemic Load:4.89, Inflammation Score:-5, Nutrition Score:5.0600000723549%

Flavonoids

Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg, Cyanidin: 0.07mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg, Epigallocatechin: 0.07mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg, Eriodictyol: 0.17mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.87mg, Apigenin: 1.87mg, Apigenin: 1.87mg, Apigenin: 1.87mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg

Isorhamnetin: 0.07mg, Isorhamnetin: 0.07mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 0.2mg, Quercetin: 0.2mg, Quercetin: 0.2mg

Nutrients (% of daily need)

Calories: 85.33kcal (4.27%), Fat: 4.16g (6.4%), Saturated Fat: 0.51g (3.16%), Carbohydrates: 10.29g (3.43%), Net Carbohydrates: 8.38g (3.05%), Sugar: 0.7g (0.78%), Cholesterol: 0mg (0%), Sodium: 229.11mg (9.96%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.47g (4.93%), Vitamin K: 21.83µg (20.79%), Vitamin A: 735.53IU (14.71%), Vitamin E: 1.83mg (12.22%), Manganese: 0.21mg (10.39%), Fiber: 1.91g (7.66%), Vitamin C: 4.63mg (5.61%), Magnesium: 18.06mg (4.52%), Phosphorus: 43.76mg (4.38%), Copper: 0.09mg (4.32%), Vitamin B2: 0.07mg (4.18%), Iron: 0.74mg (4.12%), Vitamin B3: 0.81mg (4.06%), Vitamin B6: 0.07mg (3.74%), Potassium: 111.26mg (3.18%), Vitamin B1: 0.04mg (2.81%), Folate: 10.54µg (2.64%), Zinc: 0.34mg (2.27%), Calcium: 21.4mg (2.14%), Vitamin B5: 0.18mg (1.76%)