



HEALTH SCORE

63%

Couscous, Sweet Potato, and Black Soybean Salad



Vegetarian



Very Healthy

READY IN



15 min.

SERVINGS



5

CALORIES



742 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups baby spinach
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 5 tablespoons feta crumbled reduced-fat
- ☐ 3 spring onion chopped
- ☐ 0.3 cup lime fat-free (such as Maple Grove Farms)
- ☐ 15 ounce natural butter extract black organic rinsed drained canned (such as Eden)
- ☐ 0.3 teaspoon salt

- ☐ 16 ounce sweet potatoes and into refrigerated cubed peeled (such as Glory)
- ☐ 0.8 cup water
- ☐ 0.7 cup couscous

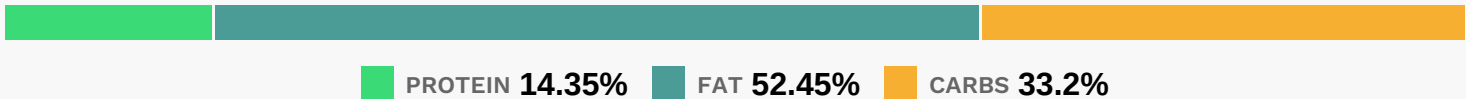
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ microwave

Directions

- ☐ Bring 3/4 cup water to boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ While couscous stands, place sweet potato on a microwave-safe plate. Microwave at HIGH 5 minutes or until tender.
- ☐ Combine vinaigrette, pepper, and salt in a large bowl; stir well with a whisk.
- ☐ Add couscous, sweet potato, soybeans, and spinach; toss gently to coat. Top each serving with cheese; sprinkle evenly with onions.

Nutrition Facts



Properties

Glycemic Index:37.2, Glycemic Load:9.32, Inflammation Score:-10, Nutrition Score:30.588695339535%

Flavonoids

Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg, Hesperetin: 2.06mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg, Kaempferol: 0.87mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg, Quercetin: 1.27mg

Nutrients (% of daily need)

Calories: 741.98kcal (37.1%), Fat: 46.26g (71.18%), Saturated Fat: 9.86g (61.63%), Carbohydrates: 65.89g (21.96%), Net Carbohydrates: 55.52g (20.19%), Sugar: 14.11g (15.68%), Cholesterol: 8.04mg (2.68%), Sodium: 327.1mg (14.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 28.47g (56.95%), Vitamin A: 14070.75IU (281.41%), Manganese: 1.63mg (81.31%), Vitamin K: 75.11µg (71.53%), Vitamin B3: 11.78mg (58.92%), Vitamin E: 8.27mg (55.14%), Magnesium: 177.47mg (44.37%), Fiber: 10.38g (41.51%), Phosphorus: 337.27mg (33.73%), Vitamin B6: 0.6mg (29.76%), Folate: 112.28µg (28.07%), Copper: 0.53mg (26.45%), Potassium: 874.7mg (24.99%), Iron: 3.51mg (19.51%), Zinc: 2.51mg (16.73%), Vitamin B5: 1.65mg (16.54%), Vitamin B2: 0.25mg (14.61%), Vitamin B1: 0.21mg (14.22%), Vitamin C: 8.3mg (10.06%), Calcium: 100.6mg (10.06%), Selenium: 4.22µg (6.03%)