



Couscous-Vegetable Salad

 Vegetarian  Vegan  Dairy Free

READY IN



16 min.

SERVINGS



6

CALORIES



236 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup couscous uncooked
- 1 tablespoon vegetable oil
- 1 medium zucchini cut into 1/4-inch slices (2 cups)
- 1 medium to 3 sized squashes yellow cut into 1/4-inch slices (1 1/2 cups)
- 1 large bell pepper red cut into 1-inch pieces
- 0.5 medium onion red cut into 8 wedges
- 7 ounces sun-dried olives refrigerated with sun-dried tomatoes or basil pesto
- 2 tablespoons apple cider vinegar

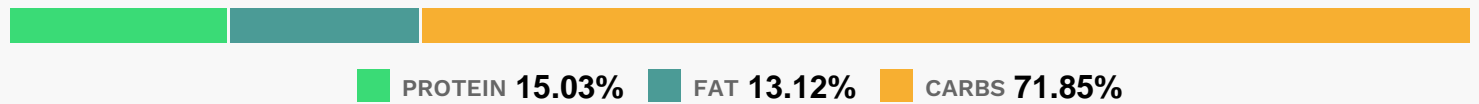
Equipment

- bowl
- frying pan

Directions

- Make couscous as directed on package.
- Meanwhile, heat oil in 10-inch nonstick skillet over medium-high heat. Cook zucchini, yellow squash, bell pepper and onion in oil about 5 minutes, stirring frequently, until crisp-tender.
- Toss couscous, vegetable mixture, pesto and vinegar in large bowl.
- Serve warm or cool.

Nutrition Facts



Properties

Glycemic Index:40.17, Glycemic Load:18.78, Inflammation Score:-8, Nutrition Score:19.816087100817%

Flavonoids

Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg, Isorhamnetin: 0.46mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg, Quercetin: 2.14mg

Nutrients (% of daily need)

Calories: 236.39kcal (11.82%), Fat: 3.69g (5.67%), Saturated Fat: 0.58g (3.64%), Carbohydrates: 45.44g (15.15%), Net Carbohydrates: 38.52g (14.01%), Sugar: 15.53g (17.25%), Cholesterol: 0mg (0%), Sodium: 43.25mg (1.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.5g (19.01%), Vitamin C: 60.03mg (72.76%), Manganese: 1.01mg (50.27%), Potassium: 1427.87mg (40.8%), Copper: 0.58mg (29.17%), Fiber: 6.93g (27.7%), Vitamin A: 1275.73IU (25.51%), Magnesium: 92.73mg (23.18%), Vitamin B3: 4.58mg (22.92%), Vitamin K: 22.15µg (21.1%), Iron: 3.7mg (20.56%), Phosphorus: 201.75mg (20.18%), Vitamin B1: 0.27mg (18.07%), Vitamin B6: 0.36mg (17.83%), Vitamin B2: 0.29mg (16.88%), Folate: 59.89µg (14.97%), Vitamin B5: 1.26mg (12.64%), Zinc: 1.18mg (7.88%), Calcium: 57.8mg (5.78%), Vitamin E: 0.7mg (4.67%), Selenium: 2.03µg (2.9%)