



Couscous Vegetable Salad

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



259 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup couscous uncooked
- 1 serving pam original flavor shopping list
- 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 basil pesto refrigerated
- 2 tablespoons apple cider vinegar

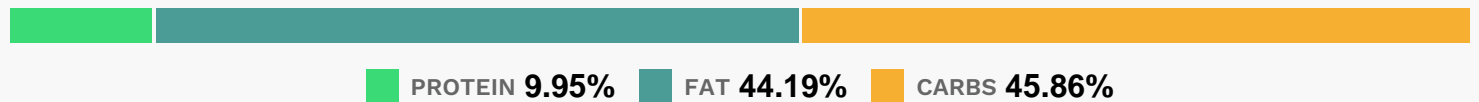
Equipment

- bowl
- frying pan

Directions

- Make couscous as directed on package.
- Spray 10-inch nonstick skillet with cooking spray; heat over medium-high heat.
- Add zucchini, yellow squash, bell pepper and onion; spray lightly with cooking spray. Cook about 5 minutes, stirring frequently, until crisp-tender.
- Toss couscous, vegetable mixture, pesto and vinegar in large bowl.
- Serve immediately, or cover and refrigerate up to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:35.17, Glycemic Load:14.46, Inflammation Score:-8, Nutrition Score:9.7986955875936%

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: 259.15kcal (12.96%), Fat: 12.69g (19.52%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 29.64g (9.88%), Net Carbohydrates: 26.25g (9.55%), Sugar: 4.15g (4.61%), Cholesterol: 2.65mg (0.88%), Sodium: 317.12mg (13.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.43g (12.86%), Vitamin C: 47.07mg (57.05%), Vitamin A: 1653.44IU (33.07%), Manganese: 0.39mg (19.74%), Fiber: 3.39g (13.55%), Vitamin B6: 0.25mg (12.34%), Folate: 37.4µg (9.35%), Phosphorus: 84.01mg (8.4%), Potassium: 293.42mg (8.38%), Vitamin B3: 1.59mg (7.95%), Calcium: 74.67mg (7.47%), Vitamin B2: 0.13mg (7.37%), Magnesium: 28.57mg (7.14%), Vitamin B1: 0.1mg (6.42%), Vitamin B5: 0.57mg (5.74%), Copper: 0.11mg (5.69%), Iron: 0.89mg (4.92%), Vitamin K: 3.76µg (3.58%), Zinc: 0.52mg (3.5%), Vitamin E: 0.51mg (3.41%)