



Couscous with a Kick!

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



265 kcal

SIDE DISH

Ingredients

- 2 teaspoons ground pepper
- 2 cups couscous
- 0.5 cucumber diced
- 0.5 cup feta cheese crumbled
- 3 tablespoons basil fresh chopped
- 3 tablespoons basil fresh chopped
- 3 tablespoons cilantro leaves fresh chopped
- 3 tablespoons mint leaves fresh chopped

- 1 tablespoon parsley fresh chopped
- 1 clove garlic minced
- 0.5 cup spring onion chopped
- 2 teaspoons ground cumin
- 1 jalapeno fresh chopped
- 1 juice of lemon juiced
- 3 cups water

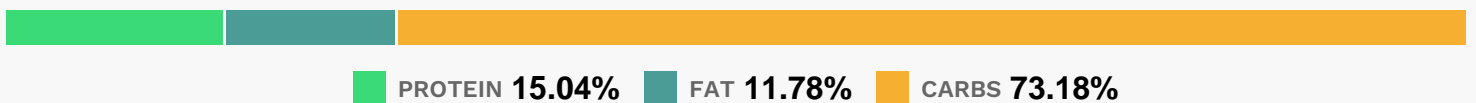
Equipment

- bowl
- sauce pan

Directions

- Bring the water to a boil in a saucepan.
- Remove from the heat and stir in the couscous. Cover and let stand until the couscous absorbs the water entirely, about 10 minutes; fluff with a fork.
- While the couscous soaks, stir the feta cheese, jalapeno pepper, cucumber, garlic, green onion, mint, basil, cilantro, parsley, cumin, cayenne pepper, and lemon juice in a large bowl.
- Add the prepared couscous and mix well.

Nutrition Facts



Properties

Glycemic Index:73.67, Glycemic Load:27.63, Inflammation Score:-6, Nutrition Score:10.796521626089%

Flavonoids

Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg, Eriodictyol: 1.02mg Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg, Hesperetin: 0.98mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg, Apigenin: 1.57mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.14mg

Quercetin: 1.14mg, Quercetin: 1.14mg, Quercetin: 1.14mg

Nutrients (% of daily need)

Calories: 265.26kcal (13.26%), Fat: 3.44g (5.29%), Saturated Fat: 1.78g (11.13%), Carbohydrates: 48.1g (16.03%), Net Carbohydrates: 44.22g (16.08%), Sugar: 0.86g (0.96%), Cholesterol: 11.13mg (3.71%), Sodium: 158.86mg (6.91%), Alcohol: 0g (100%), Protein: 9.88g (19.77%), Vitamin K: 40.14µg (38.23%), Manganese: 0.59mg (29.3%), Phosphorus: 158.97mg (15.9%), Fiber: 3.88g (15.51%), Vitamin A: 746.55IU (14.93%), Vitamin C: 9.88mg (11.98%), Vitamin B3: 2.39mg (11.94%), Copper: 0.22mg (10.95%), Vitamin B2: 0.18mg (10.81%), Calcium: 107.86mg (10.79%), Magnesium: 41.49mg (10.37%), Vitamin B5: 0.94mg (9.37%), Vitamin B1: 0.14mg (9.23%), Iron: 1.63mg (9.06%), Vitamin B6: 0.18mg (8.95%), Folate: 32.13µg (8.03%), Zinc: 1.04mg (6.92%), Potassium: 223.63mg (6.39%), Vitamin B12: 0.21µg (3.52%), Selenium: 2.14µg (3.05%), Vitamin E: 0.41mg (2.76%)