



Couscous with Chickpeas, Tomatoes, and Edamame

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 16 ounce chickpeas drained and rinsed canned (garbanzo beans)
- ☐ 14.5 ounce canned tomatoes diced undrained canned
- ☐ 1 cup couscous uncooked
- ☐ 0.5 teaspoon pepper red crushed
- ☐ 1 cup edamame fresh shelled (soybeans)
- ☐ 1 cup feta cheese crumbled
- ☐ 0.3 cup basil fresh chopped

- ☐ 4 garlic cloves minced
- ☐ 2 cups green onions coarsely chopped
- ☐ 1 tablespoon olive oil
- ☐ 0.8 teaspoon salt
- ☐ 2.3 cups water divided

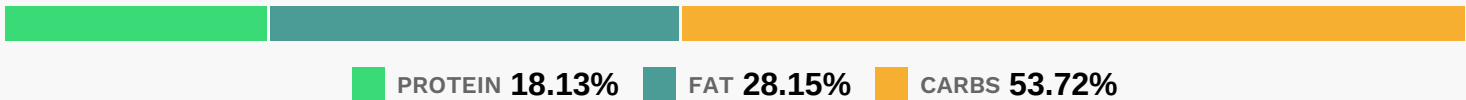
Equipment

- ☐ frying pan

Directions

- ☐ Heat olive oil in a large skillet over medium heat.
- ☐ Add edamame, red pepper, and garlic; cook 3 minutes, stirring frequently. Stir in 1/2 cup water, basil, chickpeas, and tomatoes; simmer 15 minutes.
- ☐ Add 1 3/4 cups water and salt; bring to a boil. Gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Stir in onions and feta; toss well.

Nutrition Facts



Properties

Glycemic Index:60.47, Glycemic Load:22.45, Inflammation Score:-8, Nutrition Score:23.416521810967%

Flavonoids

Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg, Quercetin: 4.31mg

Nutrients (% of daily need)

Calories: 393.7kcal (19.69%), Fat: 12.58g (19.36%), Saturated Fat: 4.66g (29.09%), Carbohydrates: 54.05g (18.02%), Net Carbohydrates: 44.38g (16.14%), Sugar: 5.39g (5.99%), Cholesterol: 26.7mg (8.9%), Sodium: 1070.52mg (46.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.24g (36.47%), Vitamin K: 94.62µg (90.11%), Manganese: 1.29mg (64.65%), Vitamin B6: 0.78mg (38.89%), Fiber: 9.66g (38.65%), Calcium: 279.67mg (27.97%), Phosphorus: 278.55mg (27.85%), Iron: 4.28mg (23.76%), Copper: 0.45mg (22.43%), Vitamin B2: 0.37mg (22%), Potassium: 708.72mg (20.25%), Vitamin C: 16.14mg (19.56%), Folate: 76.43µg (19.11%), Magnesium: 72.6mg (18.15%),

Vitamin A: 838.58IU (16.77%), Zinc: 2.21mg (14.75%), Vitamin B1: 0.22mg (14.73%), Vitamin B3: 2.89mg (14.44%),
Vitamin B5: 1.27mg (12.69%), Vitamin E: 1.79mg (11.95%), Selenium: 7.43µg (10.62%), Vitamin B12: 0.51µg (8.45%)