



Couscous with fried vegetables

 Vegetarian  Very Healthy

READY IN



30 min.

SERVINGS



1

CALORIES



521 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 1 carrots
- 1 serving pepper flakes
- 1 serving couscous
- 1 serving feta cheese
- 1 serving olive oil
- 1 paprika
- 1 serving bell pepper
- 1 serving salt

1 zucchini

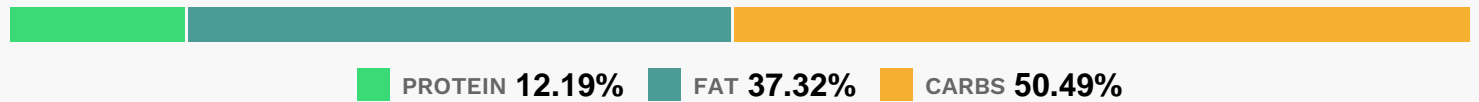
Equipment

frying pan

Directions

- Prepare the couscous (boil water, put couscous into cup, add boiling water to cup)
- Cut the vegetables (small slices or cubes), fry in pan with olive oil, add chilli, salt, pepper.
- Break feta into small pieces, put over couscous, put vegetables on top.

Nutrition Facts



Properties

Glycemic Index:245.83, Glycemic Load:33.36, Inflammation Score:-10, Nutrition Score:30.016086902307%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg, Luteolin: 0.54mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg, Quercetin: 1.59mg

Nutrients (% of daily need)

Calories: 520.9kcal (26.05%), Fat: 22.02g (33.87%), Saturated Fat: 6.25g (39.05%), Carbohydrates: 67.02g (22.34%), Net Carbohydrates: 58.19g (21.16%), Sugar: 11.55g (12.84%), Cholesterol: 26.7mg (8.9%), Sodium: 604.6mg (26.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.18g (32.35%), Vitamin A: 13629.59IU (272.59%), Vitamin C: 148.42mg (179.91%), Manganese: 1.04mg (52.23%), Vitamin B6: 0.89mg (44.39%), Vitamin B2: 0.61mg (35.61%), Fiber: 8.83g (35.33%), Phosphorus: 329.14mg (32.91%), Vitamin K: 31.3µg (29.81%), Potassium: 1040.66mg (29.73%), Folate: 117.69µg (29.42%), Vitamin E: 4.24mg (28.3%), Vitamin B3: 4.9mg (24.5%), Calcium: 223.43mg (22.34%), Magnesium: 88.61mg (22.15%), Vitamin B1: 0.33mg (21.76%), Vitamin B5: 1.91mg (19.08%), Copper: 0.33mg (16.35%), Zinc: 2.41mg (16.05%), Iron: 2.49mg (13.82%), Vitamin B12: 0.51µg (8.45%), Selenium: 5.14µg (7.34%)