



Couscous with Peas and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



262 kcal

SIDE DISH

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 0.5 cup feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.1 teaspoon ground pepper red
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 0.3 cup olive oil

- ☐ 0.8 cup peas sweet green frozen thawed
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.3 purple onion thinly sliced
- ☐ 1.5 cups water

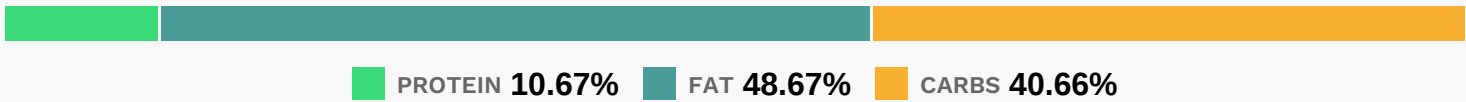
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 1 1/2 cups water to a boil in a saucepan over high heat.
- ☐ Remove from heat, and stir in couscous; let stand 10 minutes.
- ☐ Transfer couscous to a large bowl.
- ☐ Stir together olive oil, lemon rind, and next 3 ingredients; add to couscous, stirring with a fork.
- ☐ Toss peas, sliced onion, crumbled feta, and chopped mint gently into couscous; cover and chill at least 2 hours. Stir in pine nuts just before serving.
- ☐ Prep: 30 min., Chill: 2 hrs.

Nutrition Facts



Properties

Glycemic Index:32.56, Glycemic Load:14.5, Inflammation Score:-4, Nutrition Score:8.2660869657993%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg, Hesperetin: 0.55mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg, Isorhamnetin: 0.23mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 262.2kcal (13.11%), Fat: 14.26g (21.94%), Saturated Fat: 3.12g (19.52%), Carbohydrates: 26.81g (8.94%), Net Carbohydrates: 23.93g (8.7%), Sugar: 1.42g (1.58%), Cholesterol: 11.13mg (3.71%), Sodium: 441mg (19.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.03g (14.07%), Manganese: 0.63mg (31.3%), Phosphorus: 132.94mg (13.29%), Vitamin C: 9.64mg (11.69%), Fiber: 2.88g (11.52%), Vitamin K: 11.99µg (11.42%), Vitamin E: 1.67mg (11.14%), Vitamin B2: 0.17mg (9.81%), Vitamin B1: 0.13mg (8.75%), Vitamin B3: 1.7mg (8.5%), Copper: 0.17mg (8.48%), Calcium: 81.92mg (8.19%), Magnesium: 32.23mg (8.06%), Zinc: 1.08mg (7.18%), Folate: 26.28µg (6.57%), Vitamin B6: 0.13mg (6.46%), Vitamin A: 289.77IU (5.8%), Iron: 1.01mg (5.61%), Vitamin B5: 0.52mg (5.25%), Potassium: 141.2mg (4.03%), Vitamin B12: 0.21µg (3.52%), Selenium: 2.26µg (3.22%)