



Couscous with Plum Tomatoes and Black Beans

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



15 min.

SERVINGS



4

CALORIES



352 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 15 ounce no-salt-added black beans drained canned
- ☐ 1 cup couscous uncooked
- ☐ 0.5 cup parsley fresh finely chopped
- ☐ 0.3 teaspoon ground pepper
- ☐ 0.3 cup juice of lemon
- ☐ 2 teaspoons olive oil
- ☐ 2 cups plum tomatoes chopped 4 large

- ☐ 0.3 cup purple onion finely chopped
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups water

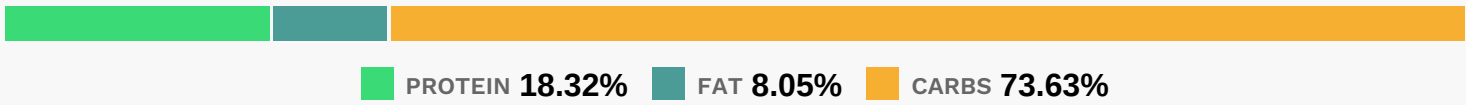
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Combine water and salt in a medium saucepan. Bring to a boil; stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff couscous with a fork; spoon into a large bowl.
- ☐ While couscous cooks, combine lemon juice, olive oil, and pepper in a small bowl, stirring with a wire whisk.
- ☐ Add to couscous, stirring gently. Stir in beans and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:56, Glycemic Load:26.65, Inflammation Score:-9, Nutrition Score:23.539130501125%

Flavonoids

Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg, Naringenin: 1.01mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg, Myricetin: 1.27mg Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg, Quercetin: 2.79mg

Nutrients (% of daily need)

Calories: 352.29kcal (17.61%), Fat: 3.2g (4.92%), Saturated Fat: 0.53g (3.31%), Carbohydrates: 65.84g (21.95%), Net Carbohydrates: 52.51g (19.1%), Sugar: 3.98g (4.43%), Cholesterol: 0mg (0%), Sodium: 311.24mg (13.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.38g (32.76%), Vitamin K: 133.79µg (127.42%), Fiber: 13.33g (53.3%), Folate: 201.17µg (50.29%), Manganese: 0.99mg (49.38%), Vitamin C: 32.82mg (39.79%), Vitamin A: 1625.37IU (32.51%), Magnesium: 113.23mg (28.31%), Phosphorus: 259.42mg (25.94%), Vitamin B1: 0.39mg (25.9%), Potassium: 803.15mg (22.95%), Copper: 0.43mg (21.62%), Iron: 3.54mg (19.68%), Vitamin B3: 2.87mg (14.37%), Zinc: 1.87mg (12.44%), Vitamin B6: 0.24mg (12.08%), Vitamin B5: 0.96mg (9.64%), Vitamin B2: 0.13mg (7.74%), Calcium: 67.89mg (6.79%), Vitamin E: 1.01mg (6.73%), Selenium: 1.36µg (1.94%)