

Crumbled Feta Couscous Salad

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



160 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup couscous
- 1 cup vegetable stock
- 2 tablespoons olive oil
- 0.3 teaspoon salt
- 1 roma tomatoes diced ()
- 0.5 cup onion red minced ()
- 1 teaspoon mint leaves chopped ()
- 1 tablespoon parsley chopped ()

2 tablespoons balsamic vinegar white

4 oz feta cheese crumbled

Equipment

bowl

sauce pan

Directions

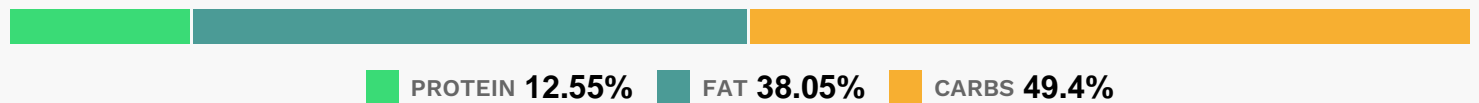
In a medium sauce pan bring water or vegetable stock to a boil then add couscous stirring quickly.

Remove from the heat and cover, let stand for 4-5 minutes.

Remove the lid and stir in the olive oil.

Pour cooked couscous in a large bowl to chill, stir occasionally. When cooled stir in remaining ingredients and chill completely.

Nutrition Facts



Properties

Glycemic Index:35.5, Glycemic Load:11.13, Inflammation Score:-3, Nutrition Score:4.7113043478261%

Flavonoids

Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg, Apigenin: 1.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg, Quercetin: 2.08mg

Nutrients (% of daily need)

Calories: 160.39kcal (8.02%), Fat: 6.72g (10.33%), Saturated Fat: 2.4g (15%), Carbohydrates: 19.62g (6.54%), Net Carbohydrates: 18.26g (6.64%), Sugar: 1.48g (1.64%), Cholesterol: 12.62mg (4.21%), Sodium: 355.99mg (15.48%), Protein: 4.99g (9.97%), Vitamin K: 11.21µg (10.68%), Manganese: 0.2mg (10.04%), Phosphorus: 90.35mg (9.04%), Vitamin B2: 0.14mg (8.31%), Calcium: 80.03mg (8%), Fiber: 1.36g (5.45%), Vitamin B6: 0.1mg (5.13%), Vitamin B3: 0.96mg (4.8%), Vitamin A: 229.79IU (4.6%), Vitamin B1: 0.07mg (4.33%), Vitamin B5: 0.43mg (4.27%), Zinc: 0.63mg (4.18%), Vitamin B12: 0.24µg (3.99%), Vitamin E: 0.58mg (3.85%), Magnesium: 14.8mg (3.7%), Copper: 0.07mg

(3.42%), Folate: 12.7 μ g (3.17%), Selenium: 2.18 μ g (3.11%), Vitamin C: 2.47mg (2.99%), Iron: 0.45mg (2.49%), Potassium: 85.02mg (2.43%)