



WHAT'SHEATE



Crunchy Couscous Salad with Currants and Mint



Vegetarian



Vegan



Dairy Free

READY IN



12 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup canola oil
- ☐ 0.5 cup carrots diced
- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup currants
- ☐ 1 teaspoon dijon mustard
- ☐ 3 tablespoons mint leaves fresh chopped

- ☐ 0.3 cup green onions sliced
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.3 cup pinenuts toasted
- ☐ 1 cup water

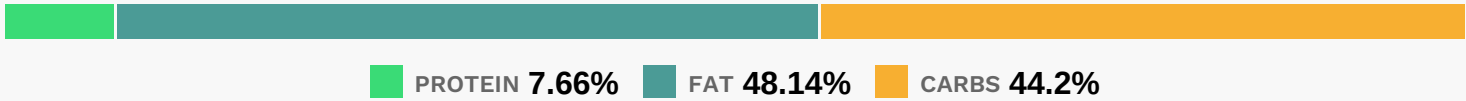
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring 1 cup water to a boil in a medium saucepan. While water comes to a boil, place couscous in a large skillet. Cook, stirring constantly, over medium-high heat 3 minutes or until lightly toasted and fragrant. Stir couscous into boiling water. Cover and let stand 5 minutes; fluff with a fork.
- ☐ While couscous stands, combine lemon juice and next 3 ingredients (through pepper) in a large bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk.
- ☐ Add couscous, currants, and remaining ingredients; fluff with a fork.
- ☐ Serve warm, or cover and cool to room temperature.

Nutrition Facts



Properties

Glycemic Index:38.81, Glycemic Load:15.1, Inflammation Score:-8, Nutrition Score:10.06869570587%

Flavonoids

Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg, Eriodictyol: 1.27mg Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg, Hesperetin: 1.73mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg, Apigenin: 0.13mg Luteolin: 0.33mg,

Luteolin: 0.33mg, Luteolin: 0.33mg, Luteolin: 0.33mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.65mg, Quercetin: 0.65mg, Quercetin: 0.65mg

Nutrients (% of daily need)

Calories: 269.65kcal (13.48%), Fat: 14.78g (22.73%), Saturated Fat: 1.11g (6.95%), Carbohydrates: 30.53g (10.18%), Net Carbohydrates: 27.82g (10.11%), Sugar: 4.91g (5.46%), Cholesterol: 0mg (0%), Sodium: 219.68mg (9.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.29g (10.57%), Manganese: 0.98mg (49.13%), Vitamin A: 1951.77IU (39.04%), Vitamin K: 23.95µg (22.81%), Vitamin E: 2.46mg (16.4%), Fiber: 2.71g (10.85%), Copper: 0.22mg (10.78%), Phosphorus: 107.54mg (10.75%), Magnesium: 39.61mg (9.9%), Vitamin C: 6.75mg (8.18%), Vitamin B3: 1.62mg (8.12%), Vitamin B1: 0.1mg (6.68%), Iron: 1.11mg (6.17%), Potassium: 215.82mg (6.17%), Zinc: 0.84mg (5.57%), Folate: 19.45µg (4.86%), Vitamin B5: 0.44mg (4.43%), Vitamin B6: 0.08mg (4.17%), Vitamin B2: 0.07mg (3.97%), Calcium: 29.8mg (2.98%)