



Edamame-Tabbouleh Salad

 Vegetarian  Vegan  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5.8 oz couscous
- 1.3 cups water
- 1 teaspoon canola oil
- 10 oz edamame refrigerated shelled fully cooked (soybeans)
- 1.5 cups tomatoes seeded chopped
- 1 cup cucumber peeled chopped
- 0.3 cup parsley fresh chopped
- 1 teaspoon lemon zest grated

- 2 tablespoons juice of lemon fresh
- 1 teaspoon canola oil

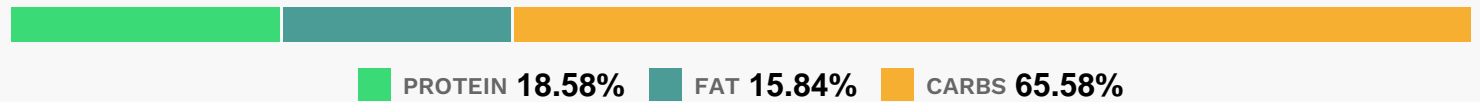
Equipment

- bowl

Directions

- Make couscous mix as directed on package, using water and 1 teaspoon oil.
- In large bowl, mix couscous and remaining salad ingredients. In small bowl, mix dressing ingredients.
- Pour dressing over salad; mix well.
- Serve immediately, or cover and refrigerate until serving time.

Nutrition Facts



Properties

Glycemic Index:25, Glycemic Load:13.36, Inflammation Score:-5, Nutrition Score:7.6243477614354%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg, Myricetin: 0.42mg Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg, Quercetin: 0.24mg

Nutrients (% of daily need)

Calories: 183.81kcal (9.19%), Fat: 3.23g (4.97%), Saturated Fat: 0.15g (0.93%), Carbohydrates: 30.09g (10.03%), Net Carbohydrates: 26.07g (9.48%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 8.98mg (0.39%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.52g (17.04%), Vitamin K: 46.49µg (44.28%), Fiber: 4.02g (16.08%), Vitamin C: 11.5mg (13.94%), Manganese: 0.28mg (13.85%), Potassium: 396.71mg (11.33%), Vitamin A: 537.32IU (10.75%), Iron: 1.88mg (10.46%), Phosphorus: 62.07mg (6.21%), Vitamin B3: 1.22mg (6.12%), Copper: 0.12mg (5.91%), Calcium: 58.03mg (5.8%), Magnesium: 20.91mg (5.23%), Folate: 19.02µg (4.75%), Vitamin B1: 0.07mg (4.59%), Vitamin B5: 0.44mg (4.45%), Vitamin B6: 0.08mg (3.82%), Vitamin E: 0.47mg (3.12%), Zinc: 0.36mg (2.42%),

Vitamin B2: 0.04mg (2.2%)