



Edamame-Tabbouleh Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



317 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 teaspoon canola oil
- ☐ 1 cup cucumber peeled chopped
- ☐ 10 oz edamame refrigerated shelled fully cooked (soybeans)
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest grated
- ☐ 5.8 oz olive oil
- ☐ 1.5 cups tomatoes seeded chopped

☐ 1.3 cups water

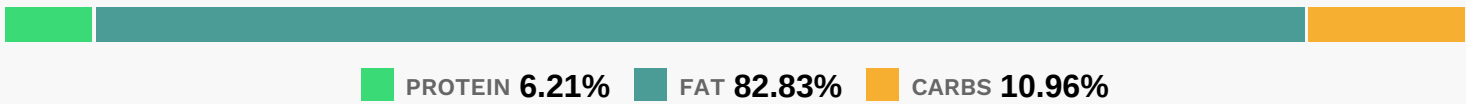
Equipment

☐ 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:14.17, Glycemic Load:0.45, Inflammation Score:-5, Nutrition Score:7.363912973229%

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: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg, Apigenin: 5.41mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg 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: 317.14kcal (15.86%), Fat: 29.79g (45.83%), Saturated Fat: 3.85g (24.06%), Carbohydrates: 8.87g (2.96%), Net Carbohydrates: 6.22g (2.26%), Sugar: 2.72g (3.02%), Cholesterol: 0mg (0%), Sodium: 6.79mg (0.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.03g (10.05%), Vitamin K: 62.51µg (59.53%), Vitamin E: 4.3mg (28.65%), Vitamin C: 11.5mg (13.94%), Vitamin A: 537.32IU (10.75%), Fiber: 2.65g (10.59%), Potassium: 351.5mg (10.04%), Iron: 1.74mg (9.67%), Calcium: 51.73mg (5.17%), Folate: 13.53µg (3.38%), Manganese: 0.06mg (3.16%), Copper: 0.05mg (2.52%), Vitamin B6: 0.05mg (2.31%), Magnesium: 8.85mg (2.21%), Vitamin B1: 0.02mg (1.61%), Phosphorus: 15.48mg (1.55%), Vitamin B3: 0.27mg (1.34%), Vitamin B5: 0.1mg (1.04%)