



Feta and Green Onion Couscous Cakes over Tomato-Olive Salad

READY IN



45 min.

SERVINGS



2

CALORIES



273 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 3 tablespoons egg substitute
- 1 ounce feta cheese crumbled
- 2 tablespoons parsley fresh chopped
- 2 tablespoons spring onion finely chopped
- 2 tablespoons kalamata olives pitted chopped
- 0.5 teaspoon olive oil
- 2 teaspoons olive oil

- 2 teaspoons red wine vinegar
- 3 cups the salad
- 0.7 cup tomatoes seeded chopped
- 0.5 cup water boiling
- 0.3 cup couscous whole-wheat uncooked

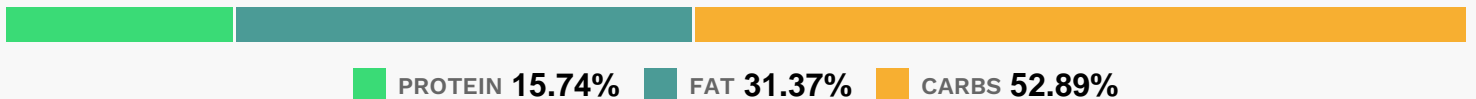
Equipment

- bowl
- frying pan
- spatula

Directions

- To prepare cakes, place couscous in a medium bowl; stir in 1/2 cup boiling water. Cover and let stand 5 minutes or until liquid is absorbed. Fluff with a fork. Cool slightly.
- Add cheese and the next 3 ingredients (through pepper).
- Heat 2 teaspoons oil in a large nonstick skillet coated with cooking spray over medium-high heat. Spoon about 1/3 cup couscous mixture into 4 mounds in pan. Lightly press with a spatula to flatten to 1/2 inch. Cook 2 minutes or until lightly browned. Coat tops of cakes with cooking spray. Carefully turn cakes over; cook 2 minutes or until heated.
- To prepare salad, combine tomato and next 5 ingredients (through 1/8 teaspoon pepper). Arrange 1 1/2 cups greens on each of 2 plates. Top each serving with 1/2 cup tomato mixture; arrange 2 cakes over tomato mixture.

Nutrition Facts



Properties

Glycemic Index:80.5, Glycemic Load:0.8, Inflammation Score:-8, Nutrition Score:14.474782508353%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin:

0.09mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg, Myricetin: 0.66mg Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg, Quercetin: 0.94mg

Nutrients (% of daily need)

Calories: 273.32kcal (13.67%), Fat: 10.15g (15.62%), Saturated Fat: 2.77g (17.29%), Carbohydrates: 38.5g (12.83%), Net Carbohydrates: 33.86g (12.31%), Sugar: 2.69g (2.99%), Cholesterol: 12.62mg (4.21%), Sodium: 358.92mg (15.61%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.46g (22.92%), Vitamin K: 85.57µg (81.5%), Vitamin C: 27.32mg (33.11%), Vitamin A: 1638.04IU (32.76%), Fiber: 4.64g (18.55%), Selenium: 12.4µg (17.71%), Vitamin B2: 0.26mg (15.37%), Iron: 2.76mg (15.36%), Calcium: 130.65mg (13.06%), Folate: 48.21µg (12.05%), Vitamin E: 1.76mg (11.76%), Phosphorus: 105.83mg (10.58%), Vitamin B6: 0.19mg (9.49%), Potassium: 326.56mg (9.33%), Manganese: 0.18mg (9.22%), Vitamin B5: 0.68mg (6.76%), Vitamin B1: 0.1mg (6.37%), Zinc: 0.93mg (6.21%), Magnesium: 23.44mg (5.86%), Vitamin B12: 0.32µg (5.35%), Copper: 0.1mg (5.06%), Vitamin B3: 0.9mg (4.52%), Vitamin D: 0.44µg (2.94%)