



Feta-Couscous Salad



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



311 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.7 cup couscous uncooked
- ☐ 1 tablespoon basil dried
- ☐ 3 ounces feta cheese with basil and sun-dried tomatoes crumbled
- ☐ 0.8 cup parsley fresh chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 cup dressing fat-free italian divided
- ☐ 0.3 cup pinenuts
- ☐ 0.5 teaspoon salt

- ☐ 4 cups spinach leaves (half of a 10-ounce package)
- ☐ 1 cup water

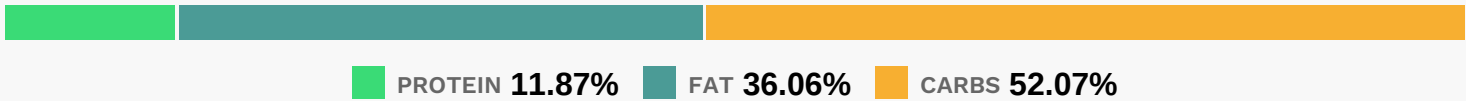
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ microwave

Directions

- ☐ Place water in a small microwave-safe bowl. Microwave at HIGH 1 1/2 minutes or until water boils.
- ☐ Remove from heat, and stir in couscous. Cover and let stand 5 minutes or until liquid is absorbed; fluff with a fork. Spoon onto a baking sheet, and spread in a thin layer; let stand 7 minutes or until cool.
- ☐ Combine tomato, next 5 ingredients, and 1/4 cup dressing in a bowl.
- ☐ Add cooled couscous to parsley mixture, and toss well.
- ☐ Combine spinach and 1/4 cup dressing; toss gently.
- ☐ Place spinach mixture on each of 4 individual plates. Top with couscous mixture.

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:16.98, Inflammation Score:-10, Nutrition Score:27.319130690201%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg, Apigenin: 24.24mg Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg, Luteolin: 0.34mg Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg, Kaempferol: 2.12mg Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg, Myricetin: 1.82mg Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg, Quercetin: 1.44mg

Nutrients (% of daily need)

Calories: 310.54kcal (15.53%), Fat: 13.11g (20.16%), Saturated Fat: 1.47g (9.19%), Carbohydrates: 42.58g (14.19%), Net Carbohydrates: 36.35g (13.22%), Sugar: 12.69g (14.1%), Cholesterol: 0mg (0%), Sodium: 643.76mg (27.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.7g (19.41%), Vitamin K: 379.63µg (361.55%), Manganese: 1.8mg (89.87%), Vitamin A: 4277.39IU (85.55%), Vitamin C: 37.02mg (44.88%), Potassium: 1196.57mg (34.19%), Copper: 0.6mg (29.93%), Iron: 5.3mg (29.44%), Magnesium: 117.71mg (29.43%), Folate: 107.08µg (26.77%), Fiber: 6.22g (24.9%), Phosphorus: 210.54mg (21.05%), Vitamin B3: 3.97mg (19.87%), Vitamin E: 2.43mg (16.23%), Vitamin B1: 0.24mg (16.23%), Vitamin B2: 0.23mg (13.67%), Vitamin B6: 0.24mg (12.04%), Zinc: 1.65mg (10.98%), Calcium: 108.78mg (10.88%), Vitamin B5: 0.93mg (9.35%), Selenium: 2.16µg (3.08%)