



Fresh Mozzarella, Tomato, and Basil Couscous Salad

 Vegetarian

READY IN



45 min.

SERVINGS



5

CALORIES



212 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 garlic clove crushed
- ☐ 3 ounces mozzarella fresh diced
- ☐ 2 teaspoons olive oil extra virgin extra-virgin
- ☐ 0.5 teaspoon salt

- ☐ 3 tablespoons shallots minced
- ☐ 2 cups tomatoes diced
- ☐ 1.3 cups water

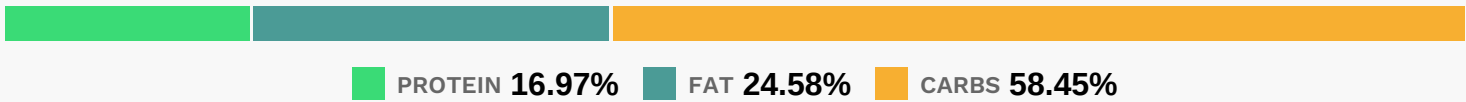
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Combine first 7 ingredients in a large bowl; cover and marinate in refrigerator 30 minutes.
- ☐ Bring water to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork; cool.
- ☐ Add couscous and fresh basil to tomato mixture; toss gently.
- ☐ Garnish with basil leaves, if desired.

Nutrition Facts



Properties

Glycemic Index:58.4, Glycemic Load:17.33, Inflammation Score:-5, Nutrition Score:7.5726087585739%

Flavonoids

Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg, Quercetin: 0.36mg

Nutrients (% of daily need)

Calories: 211.99kcal (10.6%), Fat: 5.77g (8.87%), Saturated Fat: 2.52g (15.75%), Carbohydrates: 30.85g (10.28%), Net Carbohydrates: 28.13g (10.23%), Sugar: 2.23g (2.47%), Cholesterol: 13.44mg (4.48%), Sodium: 349.54mg (15.2%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.96g (17.91%), Manganese: 0.41mg (20.52%), Phosphorus: 138.84mg (13.88%), Vitamin A: 676.14IU (13.52%), Vitamin C: 9.05mg (10.97%), Fiber: 2.72g (10.88%), Vitamin K: 11.43µg (10.88%), Calcium: 108.41mg (10.84%), Vitamin B3: 1.61mg (8.04%), Copper: 0.15mg (7.32%), Magnesium: 28.3mg (7.07%), Potassium: 240.32mg (6.87%), Vitamin B12: 0.39µg (6.46%), Zinc: 0.93mg (6.23%), Vitamin B6: 0.12mg (6.13%), Vitamin B1: 0.09mg (5.93%), Vitamin B5: 0.53mg (5.33%), Vitamin B2: 0.09mg (5.27%), Folate:

19.96µg (4.99%), Selenium: 3.06µg (4.38%), Iron: 0.76mg (4.22%), Vitamin E: 0.6mg (3.99%)