



Fresh Spring Couscous

 Vegetarian

READY IN



10 min.

SERVINGS



8

CALORIES



196 kcal

SIDE DISH

Ingredients

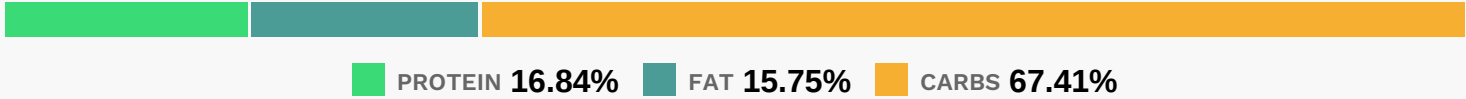
- ☐ 10 oz couscous plain
- ☐ 0.8 cup feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup green onions sliced
- ☐ 2 teaspoons lemon zest
- ☐ 1.5 cups peas sweet green frozen thawed
- ☐ 0.8 teaspoon pepper freshly ground
- ☐ 8 servings salt to taste

Equipment

Directions

- ☐
- Prepare couscous according to package directions. Stir in peas, feta cheese, green onions, mint, lemon zest, pepper, and salt to taste.

Nutrition Facts



Properties

Glycemic Index:25.04, Glycemic Load:17.97, Inflammation Score:-4, Nutrition Score:8.3678261067556%

Flavonoids

Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg, Eriodictyol: 0.43mg Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg, Hesperetin: 0.14mg Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg, Apigenin: 0.08mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg, Quercetin: 0.44mg

Nutrients (% of daily need)

Calories: 195.55kcal (9.78%), Fat: 3.39g (5.21%), Saturated Fat: 1.94g (12.12%), Carbohydrates: 32.61g (10.87%), Net Carbohydrates: 28.97g (10.54%), Sugar: 1.66g (1.85%), Cholesterol: 12.52mg (4.17%), Sodium: 360.18mg (15.66%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.15g (16.3%), Manganese: 0.44mg (21.97%), Vitamin C: 12.75mg (15.46%), Vitamin K: 15.93µg (15.17%), Fiber: 3.64g (14.57%), Phosphorus: 139.92mg (13.99%), Vitamin B2: 0.19mg (11.18%), Vitamin B1: 0.16mg (10.38%), Vitamin B3: 1.99mg (9.97%), Calcium: 92.67mg (9.27%), Folate: 33.63µg (8.41%), Copper: 0.15mg (7.55%), Vitamin B6: 0.15mg (7.52%), Magnesium: 29.59mg (7.4%), Vitamin A: 369.88IU (7.4%), Zinc: 1.07mg (7.15%), Vitamin B5: 0.62mg (6.17%), Iron: 1.03mg (5.73%), Potassium: 156.71mg (4.48%), Vitamin B12: 0.24µg (3.96%), Selenium: 2.64µg (3.77%)