



Giant couscous & aubergine salad

 Vegetarian

READY IN



30 min.

SERVINGS



6

CALORIES



393 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 eggplant sliced
- ☐ 6 servings olive oil
- ☐ 250 g cherry tomatoes
- ☐ 250 g couscous
- ☐ 3 tbsp juice of lemon
- ☐ 1 small onion red finely chopped
- ☐ 175 g feta cheese crumbled
- ☐ 1 small handful basil roughly chopped

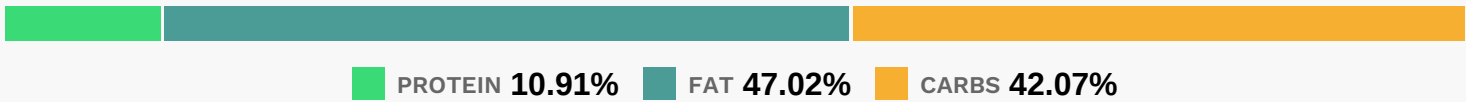
Equipment

☐ oven

Directions

- ☐ Heat oven to 200C/180C fan/gas
- ☐ Place the sliced aubergine in a roasting tray, drizzle with 1 tbsp olive oil and roast for 5 mins.
- ☐ Add the cherry tomatoes and roast for 15 mins more.
- ☐ Boil the giant couscous for 6–8 mins or until tender. Meanwhile, combine 2 tbsp olive oil with the lemon juice and finely chopped small red onion.
- ☐ Drain couscous and mix with dressing, crumbled feta and roasted veg.
- ☐ Serve with a small handful roughly chopped basil leaves on top.

Nutrition Facts



Properties

Glycemic Index:36.5, Glycemic Load:20.96, Inflammation Score:-6, Nutrition Score:12.483913121016%

Flavonoids

Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg, Delphinidin: 65.41mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg, Isorhamnetin: 0.92mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg, Quercetin: 4.07mg

Nutrients (% of daily need)

Calories: 393.36kcal (19.67%), Fat: 20.76g (31.94%), Saturated Fat: 5.9g (36.89%), Carbohydrates: 41.79g (13.93%), Net Carbohydrates: 36.79g (13.38%), Sugar: 4.7g (5.22%), Cholesterol: 25.96mg (8.65%), Sodium: 343.88mg (14.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.84g (21.68%), Manganese: 0.58mg (29.12%), Phosphorus: 205.21mg (20.52%), Fiber: 5g (20.02%), Vitamin B2: 0.32mg (18.96%), Vitamin C: 15.5mg (18.79%), Calcium: 170.64mg (17.06%), Vitamin E: 2.55mg (16.99%), Vitamin B6: 0.29mg (14.63%), Vitamin K: 14.25µg (13.57%),

Vitamin B3: 2.49mg (12.46%), Folate: 45.09µg (11.27%), Vitamin B1: 0.17mg (11.2%), Potassium: 388.5mg (11.1%),
Vitamin B5: 1.1mg (11.01%), Copper: 0.22mg (10.75%), Magnesium: 40.81mg (10.2%), Zinc: 1.4mg (9.36%), Vitamin B12:
0.49µg (8.22%), Vitamin A: 362.79IU (7.26%), Selenium: 4.91µg (7.02%), Iron: 1.23mg (6.84%)