



## Greek Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

### Ingredients

- 15.5 ounce chickpeas drained canned (garbanzo beans)
- 1 cup couscous uncooked
- 1 cup cucumber diced peeled
- 0.3 cup feta cheese crumbled
- 0.3 teaspoon coarsely ground pepper
- 3 tablespoons juice of lemon
- 1.5 tablespoons olive oil extra-virgin
- 0.3 cup olives ripe halved

- 0.5 teaspoon oregano dried
- 1.5 cups plum tomatoes diced
- 3 tablespoons onion diced red
- 0.3 teaspoon salt
- 0.3 cup water
- 1.5 cups water

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Bring 1 1/2 cups water to a boil in a medium saucepan; stir in couscous and oregano.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Combine couscous, tomatoes, and next 5 ingredients (tomatoes through chickpeas) in a bowl; set aside.
- Combine 1/4 cup water and remaining ingredients; stir well with a whisk.
- Pour dressing over couscous mixture, tossing gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:62.33, Glycemic Load:25.67, Inflammation Score:-8, Nutrition Score:17.072173993225%

## Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg, Isorhamnetin: 0.38mg

0.38mg, Isorhamnetin: 0.38mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg  
Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 2.08mg, Quercetin: 2.08mg,  
Quercetin: 2.08mg, Quercetin: 2.08mg

## **Nutrients (% of daily need)**

Calories: 377.47kcal (18.87%), Fat: 11.93g (18.35%), Saturated Fat: 2.88g (17.97%), Carbohydrates: 55.02g (18.34%),  
Net Carbohydrates: 46.14g (16.78%), Sugar: 3.45g (3.83%), Cholesterol: 11.13mg (3.71%), Sodium: 740.07mg  
(32.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.92g (27.84%), Manganese: 1.4mg (70.23%), Vitamin  
B6: 0.73mg (36.39%), Fiber: 8.87g (35.48%), Phosphorus: 235.79mg (23.58%), Vitamin C: 18.24mg (22.11%), Copper:  
0.39mg (19.48%), Vitamin A: 871.13IU (17.42%), Magnesium: 69.1mg (17.27%), Folate: 62.62µg (15.65%), Potassium:  
524.2mg (14.98%), Vitamin K: 14.7µg (14%), Calcium: 138.56mg (13.86%), Iron: 2.41mg (13.41%), Vitamin B3: 2.37mg  
(11.84%), Vitamin B1: 0.18mg (11.77%), Vitamin B5: 1.18mg (11.76%), Zinc: 1.73mg (11.5%), Vitamin E: 1.65mg (11.03%),  
Vitamin B2: 0.19mg (10.98%), Selenium: 4.25µg (6.07%), Vitamin B12: 0.21µg (3.52%)