



Greek-Style Couscous Salad

 Vegetarian

READY IN



80 min.

SERVINGS



20

CALORIES



72 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cucumber halved
- 1 Tbsp optional: dill fresh chopped
- 0.5 cup lite house dressing italian kraft
- 4 oz athenos reduced fat feta cheese crumbled
- 1 large tomatoes chopped
- 1 cup couscous whole wheat uncooked

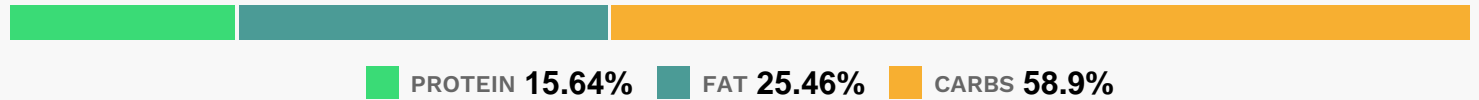
Equipment

- bowl

Directions

- Cook couscous as directed on package, omitting salt and butter. Fluff with fork.
- Place in large bowl; cool 10 min.
- Add remaining ingredients; mix lightly.
- Refrigerate 1 hour.

Nutrition Facts



Properties

Glycemic Index:3.4, Glycemic Load:0.11, Inflammation Score:-1, Nutrition Score:1.0056521769451%

Flavonoids

Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg, Isorhamnetin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg, Quercetin: 0.06mg

Nutrients (% of daily need)

Calories: 72.28kcal (3.61%), Fat: 2.18g (3.36%), Saturated Fat: 0.58g (3.63%), Carbohydrates: 11.37g (3.79%), Net Carbohydrates: 10.17g (3.7%), Sugar: 1.38g (1.53%), Cholesterol: 3.04mg (1.01%), Sodium: 109.56mg (4.76%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.02g (6.04%), Fiber: 1.19g (4.77%), Vitamin K: 4.49µg (4.27%), Iron: 0.43mg (2.39%), Vitamin C: 1.5mg (1.82%), Vitamin A: 84.25IU (1.68%), Vitamin E: 0.18mg (1.2%), Potassium: 35.69mg (1.02%)