



## Greek Vegetable Couscous

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



7

CALORIES



287 kcal

SIDE DISH

### Ingredients

- 0.3 teaspoon pepper black
- 15 ounce garbanzo beans drained canned (chick-peas)
- 2 cups couscous uncooked
- 0.3 cup parsley fresh chopped
- 2 cloves garlic minced
- 0.5 teaspoon ground cumin
- 0.3 cup olives ripe sliced
- 0.5 teaspoon ground oregano

- 1 cup purple onion chopped
- 0.5 teaspoon pepper dried red crushed
- 1 cup tomatoes peeled seeded chopped
- 1.5 cups basil- and tomato-flavored feta cheese crumbled
- 0.5 cup vegetable broth undiluted canned
- 1.5 cups water
- 1.5 cups zucchini chopped

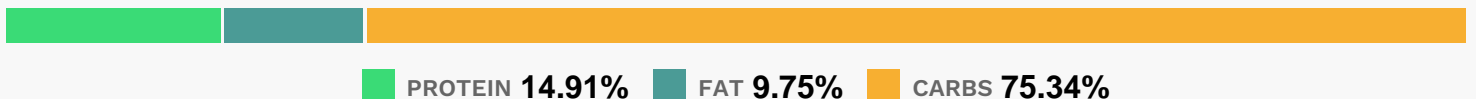
## Equipment

- frying pan
- sauce pan

## Directions

- Combine water and broth in a medium saucepan; bring to a boil.
- Remove from heat.
- Add couscous; cover and let stand 5 minutes or until couscous is tender and liquid is absorbed.
- Coat a large nonstick skillet with cooking spray; place over medium-high heat until hot.
- Add garlic; saute 1 minute.
- Add zucchini, tomato, and onion, and saute 2 to 3 minutes or until onion is tender.
- Add garbanzo beans and next 4 ingredients; stir well.
- Add couscous; cook 3 minutes or until thoroughly heated. Top with cheese, olives, and parsley.

## Nutrition Facts



## Properties

Glycemic Index:47.76, Glycemic Load:26.48, Inflammation Score:-7, Nutrition Score:13.05869572059%

## Flavonoids

Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg, Apigenin: 4.62mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg, Isorhamnetin: 1.15mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg, Myricetin: 0.37mg Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg, Quercetin: 4.96mg

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

Calories: 287.46kcal (14.37%), Fat: 3.11g (4.79%), Saturated Fat: 0.43g (2.71%), Carbohydrates: 54.14g (18.05%), Net Carbohydrates: 46.84g (17.03%), Sugar: 4.34g (4.82%), Cholesterol: 0mg (0%), Sodium: 427.51mg (18.59%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.72g (21.44%), Manganese: 1.02mg (51.22%), Vitamin K: 39.3µg (37.43%), Fiber: 7.3g (29.21%), Vitamin B6: 0.45mg (22.44%), Vitamin C: 13.84mg (16.78%), Phosphorus: 158.67mg (15.87%), Copper: 0.27mg (13.74%), Vitamin A: 683.02IU (13.66%), Magnesium: 51.13mg (12.78%), Potassium: 433.84mg (12.4%), Iron: 1.99mg (11.06%), Vitamin B3: 2.15mg (10.76%), Folate: 42.82µg (10.7%), Vitamin B5: 0.92mg (9.16%), Vitamin B1: 0.14mg (9.1%), Zinc: 1.05mg (6.98%), Calcium: 66.27mg (6.63%), Vitamin B2: 0.09mg (5.23%), Vitamin E: 0.44mg (2.92%), Selenium: 1.6µg (2.28%)