



HEALTH SCORE

**61%**

## Halloumi with Couscous and Greens



Very Healthy

READY IN

**45 min.**

SERVINGS

**4**

CALORIES

**449 kcal**

SIDE DISH

### Ingredients

- ☐ 0.3 teaspoon ground pepper
- ☐ 1 cup cherry tomatoes stemmed rinsed
- ☐ 1.5 cups couscous
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 package halloumi cheese sliced (8 to 9 oz.; 250 g.)
- ☐ 0.3 cup juice of lemon
- ☐ 4 servings lemon wedges
- ☐ 5 tablespoons olive oil extra virgin extra-virgin

- ☐ 2 tablespoons parsley chopped
- ☐ 4 servings bell pepper
- ☐ 6 ounces the salad rinsed
- ☐ 0.5 teaspoon salt
- ☐ 1 cup sugar snap peas rinsed

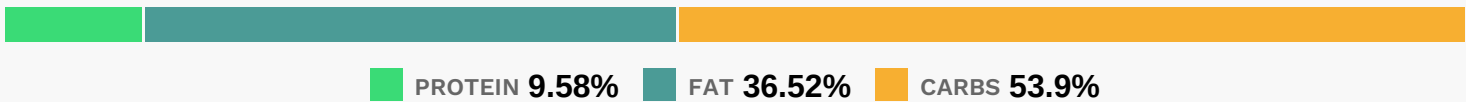
## Equipment

- ☐ bowl
- ☐ frying pan

## Directions

- ☐ In a 3- to 4-quart pan over high heat, bring 2 1/4 cups water, 1 tablespoon olive oil, 1/2 teaspoon salt, and cayenne to a boil.
- ☐ Remove from heat, add couscous and sugar snap peas, cover, and let stand until couscous is tender to bite, about 5 minutes. Fluff with a fork.
- ☐ Meanwhile, place halloumi slices in a single layer in a 10- to 12-inch nonstick frying pan over medium-high heat. Cook, turning once, until browned on both sides, 5 to 7 minutes total.
- ☐ Remove pan from heat, but leave cheese in pan to keep warm.
- ☐ In a 1-cup glass measure, mix lemon juice, remaining 1/4 cup olive oil, and salt and pepper to taste. In a large bowl, mix salad greens with 1/4 cup of the dressing. Mound equally on four plates. Stir cherry tomatoes, parsley, and mint into couscous and mound over greens. Top portions equally with halloumi slices, then dressing.
- ☐ Garnish with lemon wedges.

## Nutrition Facts



## Properties

Glycemic Index:46.63, Glycemic Load:31.53, Inflammation Score:-10, Nutrition Score:21.680434545745%

## Flavonoids

Eriodictyol: 1.73mg, Eriodictyol: 1.73mg, Eriodictyol: 1.73mg, Eriodictyol: 1.73mg Hesperetin: 2.74mg, Hesperetin: 2.74mg, Hesperetin: 2.74mg, Hesperetin: 2.74mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg, Apigenin: 4.46mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg, Myricetin: 0.31mg Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg, Quercetin: 0.51mg

Nutrients (% of daily need)

Calories: 449.1kcal (22.45%), Fat: 18.42g (28.34%), Saturated Fat: 2.62g (16.35%), Carbohydrates: 61.15g (20.38%), Net Carbohydrates: 55.07g (20.03%), Sugar: 5.48g (6.09%), Cholesterol: 0mg (0%), Sodium: 321.74mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.87g (21.75%), Vitamin C: 138.4mg (167.76%), Vitamin A: 3591.97IU (71.84%), Vitamin K: 54.25µg (51.67%), Manganese: 0.79mg (39.44%), Vitamin E: 4.08mg (27.19%), Fiber: 6.08g (24.32%), Folate: 87.29µg (21.82%), Vitamin B6: 0.41mg (20.34%), Vitamin B3: 3.67mg (18.34%), Phosphorus: 174.39mg (17.44%), Potassium: 513.38mg (14.67%), Vitamin B1: 0.22mg (14.48%), Magnesium: 55.59mg (13.9%), Vitamin B5: 1.36mg (13.64%), Iron: 2.43mg (13.51%), Copper: 0.26mg (12.81%), Vitamin B2: 0.18mg (10.31%), Zinc: 0.99mg (6.62%), Calcium: 54mg (5.4%)