



Israeli Couscous and Arugula Salad

 Vegetarian  Vegan  Dairy Free

READY IN

ready

30 min.

SERVINGS

servings

6

CALORIES

calories

297 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups israeli arugula (curly baby)
- ☐ 1 hothouse cucumber diced seeded
- ☐ 0.5 teaspoon dijon mustard
- ☐ 0.5 cup currants dried
- ☐ 1.5 cups israeli couscous (pearl)
- ☐ 6 servings kosher salt
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil

- ☐ 6 servings freshly cracked pepper black
- ☐ 1 bell pepper diced red seeded
- ☐ 0.5 onion diced red
- ☐ 0.3 teaspoon pepper flakes dried red
- ☐ 1 vine-ripened tomato diced

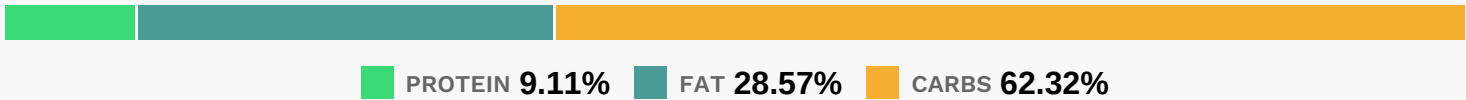
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot

Directions

- ☐ Bring a large pot of well-salted water to a boil.
- ☐ Add couscous and cook 8 to 10 minutes, until couscous has puffed up and is cooked through to the center.
- ☐ Drain and allow to cool.
- ☐ Transfer to a large bowl.
- ☐ Prepare dressing by whisking together the lemon juice and mustard while drizzling in the olive oil. Once slightly emulsified, stir in pepper flakes and season with salt and cracked black pepper.
- ☐ Toss the tomato, currants, cucumber, red bell pepper, onion and arugula with the couscous.
- ☐ Pour the dressing over top. Season with salt and pepper to taste and toss to the combine.

Nutrition Facts



Properties

Glycemic Index:49.67, Glycemic Load:23.12, Inflammation Score:-7, Nutrition Score:10.613913165486%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg, Isorhamnetin: 0.75mg Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg, Kaempferol: 2.41mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg, Quercetin: 2.57mg

Nutrients (% of daily need)

Calories: 297.12kcal (14.86%), Fat: 9.57g (14.73%), Saturated Fat: 1.34g (8.39%), Carbohydrates: 46.99g (15.66%), Net Carbohydrates: 42.96g (15.62%), Sugar: 10.2g (11.34%), Cholesterol: 0mg (0%), Sodium: 214.41mg (9.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.87g (13.74%), Vitamin C: 33.97mg (41.18%), Manganese: 0.52mg (26.1%), Vitamin A: 1020.74IU (20.41%), Vitamin K: 19.57µg (18.63%), Fiber: 4.03g (16.11%), Vitamin E: 1.82mg (12.14%), Phosphorus: 112.51mg (11.25%), Potassium: 369.48mg (10.56%), Vitamin B3: 2.07mg (10.35%), Copper: 0.2mg (10.22%), Vitamin B6: 0.2mg (10.13%), Magnesium: 38.62mg (9.65%), Folate: 38.23µg (9.56%), Vitamin B1: 0.13mg (8.81%), Vitamin B5: 0.79mg (7.88%), Iron: 1.14mg (6.34%), Vitamin B2: 0.09mg (5.52%), Calcium: 45.52mg (4.55%), Zinc: 0.63mg (4.17%)