



Israeli Couscous and Tuna Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



228 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons capers drained
- 0.3 cup basil leaves fresh packed julienned
- 2 cloves garlic minced
- 10 ounces israeli couscous
- 0.5 juice of lemon
- 8 servings kosher salt and pepper black freshly ground
- 0.3 cup juice of lemon freshly squeezed
- 2 teaspoons lemon zest grated (2 lemons)

- 3 ounces oil-cured olives black pitted coarsely chopped
- 0.5 cup olive oil good
- 4 ounces roasted peppers red jarred
- 1 cup scallions chopped (6-8 scallions)
- 14 ounce jars tuna italian flaked drained canned

Equipment

- bowl
- sauce pan
- pot
- colander

Directions

- Watch how to make this recipe.
- Bring 4 cups of water to a boil in a medium-size saucepan.
- Add the couscous and reduce the heat to very low. Cover the pot and simmer for 12 to 15 minutes, until the couscous is just tender. (I pull the pot halfway off the heat.)
- Drain in a colander.
- Meanwhile, combine the tuna, lemon zest, lemon juice, olive oil, capers, olives, red peppers, garlic, 1 tablespoon salt, and 1 1/2 teaspoons black pepper in a large bowl.
- Pour the hot couscous into the mixture and stir well. Cover and set aside for 10 to 15 minutes, stirring occasionally. Just before serving, stir in the scallions, basil, juice of the 1/2 lemon, and 1 more teaspoon of salt. Taste for seasonings and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:28.63, Glycemic Load:16.96, Inflammation Score:-5, Nutrition Score:12.480434904928%

Flavonoids

Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg, Hesperetin: 1.37mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg, Kaempferol: 4.11mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg, Quercetin: 6.56mg

Nutrients (% of daily need)

Calories: 228.28kcal (11.41%), Fat: 5.15g (7.92%), Saturated Fat: 0.76g (4.78%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 27.72g (10.08%), Sugar: 0.63g (0.7%), Cholesterol: 17.86mg (5.95%), Sodium: 557.52mg (24.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.59g (29.19%), Selenium: 34.01µg (48.59%), Vitamin B3: 6.37mg (31.85%), Vitamin K: 31.78µg (30.26%), Vitamin B12: 1.27µg (21.25%), Manganese: 0.37mg (18.29%), Vitamin C: 13.76mg (16.68%), Phosphorus: 138.94mg (13.89%), Vitamin B6: 0.25mg (12.53%), Fiber: 2.85g (11.39%), Iron: 1.68mg (9.36%), Magnesium: 34.71mg (8.68%), Copper: 0.17mg (8.63%), Vitamin E: 1.08mg (7.17%), Potassium: 224.16mg (6.4%), Vitamin A: 313.53IU (6.27%), Vitamin B1: 0.09mg (6.02%), Folate: 22.86µg (5.72%), Vitamin B5: 0.55mg (5.53%), Vitamin B2: 0.09mg (5.35%), Zinc: 0.73mg (4.88%), Calcium: 43.37mg (4.34%), Vitamin D: 0.6µg (3.97%)