



Israeli Couscous Salad with Fennel and Goat Cheese

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



138 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 bibb lettuce leaves
- ☐ 1 cup israeli couscous cooked
- ☐ 6 servings garnish: fennel fronds
- ☐ 1 medium fennel bulb
- ☐ 0.5 cup basil fresh sliced
- ☐ 0.5 cup parsley fresh chopped
- ☐ 3 garlic cloves minced

- ☐ 2.5 ounce goat cheese crumbled
- ☐ 1 bunch green onions chopped
- ☐ 0.5 cup juice of lemon
- ☐ 0.5 cup olive oil
- ☐ 0.5 cup olives ripe sliced
- ☐ 0.5 teaspoon pepper
- ☐ 1 bell pepper diced red
- ☐ 0.5 teaspoon salt

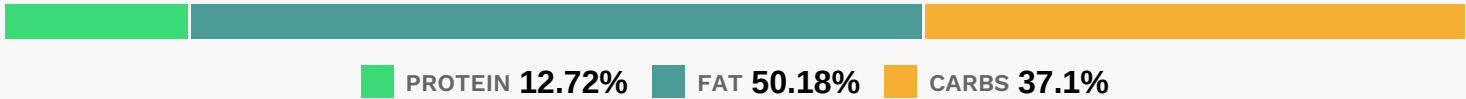
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Trim base from fennel bulb; cut bulb into thin strips, reserving fronds for garnish, if desired.
- ☐ Whisk together olive oil and next 6 ingredients in a large bowl.
- ☐ Add fennel strips, bell pepper, olives, and green onions, tossing to coat.
- ☐ Add couscous, and toss lightly.
- ☐ Arrange lettuce on 6 plates. Top with couscous mixture.
- ☐ Sprinkle with goat cheese, and garnish with fennel fronds, if desired.

Nutrition Facts



Properties

Glycemic Index:63.83, Glycemic Load:4.95, Inflammation Score:-9, Nutrition Score:14.510869531528%

Flavonoids

Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg, Eriodictyol: 1.42mg Hesperetin: 2.94mg, Hesperetin: 2.94mg, Hesperetin: 2.94mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg,

Naringenin: 0.28mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg, Myricetin: 0.77mg Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg, Quercetin: 1.09mg

Nutrients (% of daily need)

Calories: 138.43kcal (6.92%), Fat: 8.15g (12.53%), Saturated Fat: 2.53g (15.79%), Carbohydrates: 13.55g (4.52%), Net Carbohydrates: 10.56g (3.84%), Sugar: 3.41g (3.79%), Cholesterol: 5.43mg (1.81%), Sodium: 440.48mg (19.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.65g (9.29%), Vitamin K: 142.88µg (136.07%), Vitamin C: 46.84mg (56.78%), Vitamin A: 1906.46IU (38.13%), Folate: 52.16µg (13.04%), Manganese: 0.25mg (12.28%), Fiber: 2.99g (11.96%), Selenium: 8.2µg (11.72%), Vitamin E: 1.68mg (11.22%), Potassium: 339.82mg (9.71%), Vitamin B6: 0.17mg (8.67%), Copper: 0.17mg (8.57%), Iron: 1.45mg (8.07%), Phosphorus: 76.16mg (7.62%), Calcium: 68.84mg (6.88%), Vitamin B2: 0.11mg (6.25%), Magnesium: 22.79mg (5.7%), Vitamin B3: 0.97mg (4.85%), Vitamin B1: 0.07mg (4.36%), Vitamin B5: 0.42mg (4.22%), Zinc: 0.46mg (3.04%)