



## Israeli Couscous Salad with Smoked Paprika

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



397 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 2 cups baby spinach leaves packed coarsely chopped
- 1 cup feta crumbled chopped
- 0.5 teaspoon pepper black freshly ground
- 0.5 cup flat-leaf parsley fresh chopped
- 0.3 cup mint leaves fresh chopped
- 2 cups baby heirloom tomatoes of colors assorted halved
- 8 ounces israeli couscous
- 0.5 teaspoon kosher salt

- 1 teaspoon kosher salt
- 6 servings kosher salt and pepper black freshly ground
- 0.3 cup olive oil extra-virgin
- 1 tablespoon olive oil extra-virgin
- 1 cup bell peppers red jarred drained coarsely chopped
- 0.3 cup slivered almonds toasted
- 1.5 teaspoons paprika smoked
- 2 tablespoons balsamic vinegar white

## Equipment

- bowl
- sauce pan
- whisk

## Directions

- Watch how to make this recipe.
- Whisk the oil, vinegar, paprika, salt and pepper in a small bowl until smooth.
- Heat the oil over medium-high heat in a large saucepan. Cook the couscous, stirring frequently, until golden, 4 to 5 minutes.
- Add 2 cups water and the salt and bring to a boil. Reduce the heat to medium-low. Cover and simmer until the couscous is just tender and the liquid is absorbed, 9 to 10 minutes. Set aside to cool slightly.
- Mix together the spinach, tomatoes, cheese, peppers, parsley, almonds and mint in a large bowl.
- Add the couscous and the dressing. Toss until all the ingredients are coated.
- Transfer to a large serving bowl and serve.

## Nutrition Facts



PROTEIN 10.89%  FAT 52.07%  CARBS 37.04%

## Properties

Glycemic Index:60.83, Glycemic Load:19.53, Inflammation Score:-9, Nutrition Score:21.786086826221%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg, Catechin: 0.08mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg, Eriodictyol: 0.59mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 10.89mg, Apigenin: 10.89mg, Apigenin: 10.89mg, Apigenin: 10.89mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg, Isorhamnetin: 0.16mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg, Quercetin: 0.78mg

## Nutrients (% of daily need)

Calories: 397.4kcal (19.87%), Fat: 23.29g (35.83%), Saturated Fat: 5.64g (35.22%), Carbohydrates: 37.27g (12.42%), Net Carbohydrates: 32.74g (11.9%), Sugar: 3.55g (3.94%), Cholesterol: 22.25mg (7.42%), Sodium: 886.87mg (38.56%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.91%), Vitamin K: 145.36µg (138.44%), Vitamin A: 2983.09IU (59.66%), Vitamin C: 48.65mg (58.97%), Manganese: 0.69mg (34.68%), Vitamin E: 4.69mg (31.3%), Vitamin B2: 0.37mg (22.05%), Phosphorus: 207.92mg (20.79%), Fiber: 4.53g (18.14%), Calcium: 180.79mg (18.08%), Folate: 66.5µg (16.63%), Vitamin B6: 0.31mg (15.28%), Magnesium: 59.93mg (14.98%), Vitamin B3: 2.55mg (12.73%), Potassium: 407.68mg (11.65%), Copper: 0.23mg (11.61%), Iron: 1.97mg (10.92%), Vitamin B1: 0.16mg (10.65%), Zinc: 1.53mg (10.17%), Vitamin B5: 0.91mg (9.12%), Vitamin B12: 0.42µg (7.04%), Selenium: 4.17µg (5.96%)