



Israeli Couscous Summer Pilaf

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



242 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 medium avocado diced firm ripe peeled
- 10 basil thinly sliced to taste
- 1 large stalk celery diced
- 1 cup cucumber thinly sliced quartered
- 0.3 cup optional: dill fresh minced to taste
- 1 cup grape tomatoes red yellow halved (or , or a combination)
- 1.5 cups regular couscous
- 2 tablespoons juice of lemon to taste

- 8 servings the salad mixed as needed
- 3 tablespoons olive oil extra virgin extra-virgin (or less if you'd like a lower fat dish)
- 0.3 cup slivered almonds toasted
- 8 servings salt and pepper freshly ground to taste
- 2 spring onion minced

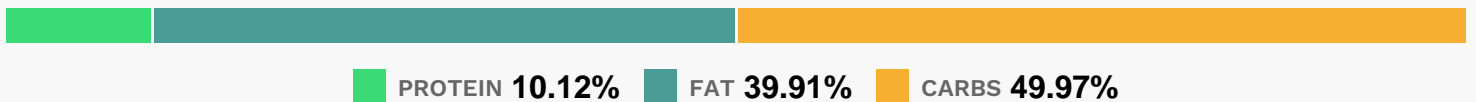
Equipment

- mixing bowl
- plastic wrap

Directions

- Add the Israeli couscous and cook at a rapid simmer for about 8 minutes, or until al dente.
- Drain and rinse with cool water until the couscous is at room temperature. In a mixing bowl, combine the couscous with the remaining ingredients except the last two. Toss well to combine. Line a large serving platter with some greens. Mound the salad over them, letting some of the greens show along the edge.
- Sprinkle the top with the toasted nuts.
- Serve at once or cover loosely with plastic wrap and refrigerate until needed.

Nutrition Facts



Properties

Glycemic Index:39.63, Glycemic Load:15.63, Inflammation Score:-7, Nutrition Score:10.164347822252%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg, Epigallocatechin: 0.09mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg

0.23mg, Apigenin: 0.23mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Isorhamnetin:
0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg, Isorhamnetin: 0.73mg Kaempferol: 0.28mg, Kaempferol:
0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg,
Myricetin: 0.04mg Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg, Quercetin: 1.3mg

Nutrients (% of daily need)

Calories: 242.11kcal (12.11%), Fat: 10.97g (16.88%), Saturated Fat: 1.44g (9.02%), Carbohydrates: 30.9g (10.3%), Net
Carbohydrates: 26.6g (9.67%), Sugar: 1.3g (1.45%), Cholesterol: 0mg (0%), Sodium: 218.39mg (9.5%), Alcohol: 0g
(100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Manganese: 0.49mg (24.67%), Vitamin C: 18.48mg (22.4%),
Vitamin K: 21.73µg (20.7%), Vitamin A: 864.02IU (17.28%), Fiber: 4.3g (17.22%), Vitamin E: 2.29mg (15.29%), Folate:
56.26µg (14.07%), Phosphorus: 111.95mg (11.19%), Potassium: 380.72mg (10.88%), Copper: 0.21mg (10.73%),
Magnesium: 41.79mg (10.45%), Vitamin B3: 2.09mg (10.44%), Vitamin B5: 0.9mg (9.02%), Vitamin B6: 0.17mg
(8.64%), Vitamin B2: 0.14mg (8.01%), Vitamin B1: 0.11mg (7.02%), Iron: 1.16mg (6.42%), Zinc: 0.72mg (4.79%),
Calcium: 38.88mg (3.89%)