



Israeli Couscous Tabbouleh



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups cherry tomatoes halved
- ☐ 1 cucumber english unpeeled seeded finely chopped
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1.5 cups regular couscous
- ☐ 8 servings pepper freshly ground
- ☐ 2 tablespoons juice of lemon fresh ()
- ☐ 0.5 cup olive oil extra virgin extra-virgin

☐ 1 small shallots finely chopped

Equipment

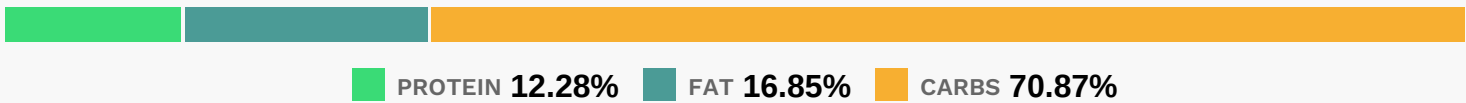
☐ bowl

☐ whisk

Directions

- ☐ Cook couscous according to package directions; drain. Rinse with cold water and drain well.
- ☐ Whisk shallot, oil, and 2 tablespoons lemon juice in a large bowl.
- ☐ Add couscous, cucumber, tomatoes, parsley, and mint; season with salt, pepper, and more lemon juice, if desired, and toss to combine.
- ☐ DO AHEAD: Israeli Couscous Tabbouleh can be made 1 day ahead (omit herbs). Cover and chill. Fold in herbs just before serving.

Nutrition Facts



Properties

Glycemic Index:21.75, Glycemic Load:15.33, Inflammation Score:-5, Nutrition Score:6.969130402026%

Flavonoids

Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg, Quercetin: 0.41mg

Nutrients (% of daily need)

Calories: 163.54kcal (8.18%), Fat: 3.06g (4.71%), Saturated Fat: 0.43g (2.69%), Carbohydrates: 28.97g (9.66%), Net Carbohydrates: 26.45g (9.62%), Sugar: 2.26g (2.51%), Cholesterol: 0mg (0%), Sodium: 11.54mg (0.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.02g (10.04%), Vitamin K: 22.48µg (21.41%), Vitamin C: 17.37mg (21.05%), Manganese: 0.37mg (18.74%), Fiber: 2.53g (10.11%), Vitamin A: 438.47IU (8.77%), Phosphorus: 81.85mg (8.19%), Copper: 0.16mg (7.9%), Vitamin B3: 1.48mg (7.38%), Potassium: 254.34mg (7.27%), Magnesium: 26.19mg (6.55%), Folate: 23.7µg (5.93%), Vitamin B1: 0.09mg (5.92%), Vitamin B5: 0.58mg (5.84%), Vitamin B6: 0.11mg (5.69%), Iron:

1mg (5.55%), Vitamin E: 0.73mg (4.86%), Vitamin B2: 0.05mg (3.08%), Zinc: 0.45mg (2.99%), Calcium: 25.36mg (2.54%)