



Israeli Couscous Tabouli



Vegetarian



Vegan



Dairy Free



Very Healthy

READY IN



28 min.

SERVINGS



4

CALORIES



276 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup cilantro leaves finely chopped
- ☐ 2 tablespoons mint leaves fresh chopped
- ☐ 1 cup israeli couscous
- ☐ 4 servings kosher salt and pepper black freshly ground
- ☐ 1 lemon zest juiced
- ☐ 3 tablespoons olive oil
- ☐ 1 cup parsley finely chopped
- ☐ 3 scallions chopped

☐

2 tomatoes diced ripe seeded

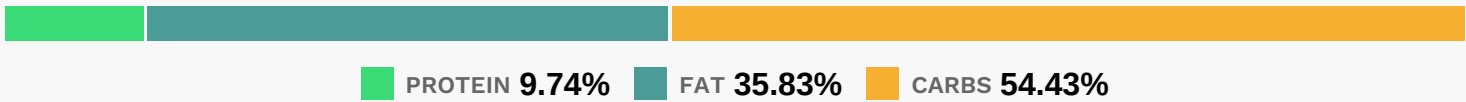
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ Bring a medium-size saucepan of salted water to a boil over medium heat.
- ☐ Add the couscous and cook until al dente, 7 to 8 minutes.
- ☐ Drain the couscous and set aside to cool. Meanwhile, in a small bowl, whisk together the lemon juice and zest with the olive oil to make a vinaigrette. Season with salt and pepper to taste.
- ☐ In a large serving bowl, mix together the couscous, parsley, cilantro, mint, tomatoes, and scallions. Toss with the vinaigrette and season to taste. Allow it to sit for at least a half hour so the flavors can marry.

Nutrition Facts



Properties

Glycemic Index:57.75, Glycemic Load:21.06, Inflammation Score:-9, Nutrition Score:15.04173906601%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg, Hesperetin: 0.25mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 32.46mg, Apigenin: 32.46mg, Apigenin: 32.46mg, Apigenin: 32.46mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg, Myricetin: 2.31mg Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg, Quercetin: 2.42mg

Nutrients (% of daily need)

Calories: 276.08kcal (13.8%), Fat: 11.07g (17.04%), Saturated Fat: 1.55g (9.67%), Carbohydrates: 37.85g (12.62%),
Net Carbohydrates: 33.81g (12.29%), Sugar: 2.04g (2.26%), Cholesterol: 0mg (0%), Sodium: 19.2mg (0.84%),
Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.78g (13.55%), Vitamin K: 282.17µg (268.74%), Vitamin A:
2108.08IU (42.16%), Vitamin C: 33.34mg (40.41%), Manganese: 0.49mg (24.63%), Fiber: 4.04g (16.18%), Vitamin E:
2.06mg (13.74%), Folate: 50.64µg (12.66%), Vitamin B3: 2.17mg (10.87%), Iron: 1.93mg (10.74%), Phosphorus:
102.59mg (10.26%), Potassium: 353.14mg (10.09%), Magnesium: 37.79mg (9.45%), Copper: 0.19mg (9.36%),
Vitamin B1: 0.11mg (7.65%), Vitamin B5: 0.68mg (6.79%), Vitamin B6: 0.12mg (6.21%), Calcium: 53.56mg (5.36%),
Zinc: 0.7mg (4.65%), Vitamin B2: 0.08mg (4.6%)