



Lemony Couscous Salad

 Vegetarian

READY IN



260 min.

SERVINGS



20

CALORIES



76 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup couscous uncooked
- 4 oz athenos feta cheese with basil & tomato crumbled
- 0.5 cup green onions sliced
- 0.3 cup juice of lemon fresh
- 0.3 cup olive oil
- 2 large tomatoes chopped
- 1.5 cups water

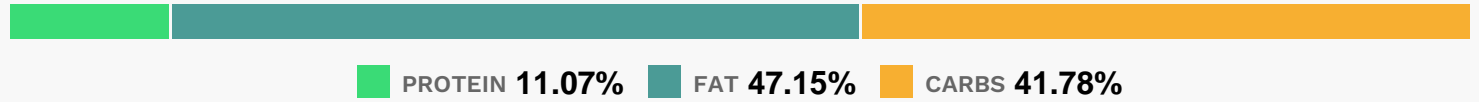
Equipment

- bowl
- sauce pan

Directions

- Bring water to boil in medium saucepan. Stir in couscous; cover.
- Remove from heat; let stand 5 min. Fluff couscous with fork; cool, uncovered, 10 min.
- Mix couscous, lemon juice and oil in large bowl.
- Add tomatoes and onions; cover. Refrigerate at least 4 hours or up to 24 hours.
- Stir in cheese just before serving.
- Serve on lettuce-covered plate or as a filling for pita bread.

Nutrition Facts



Properties

Glycemic Index:8.1, Glycemic Load:4.36, Inflammation Score:-2, Nutrition Score:2.6986956712992%

Flavonoids

Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg, Eriodictyol: 0.15mg Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg, Hesperetin: 0.44mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg, Quercetin: 0.38mg

Nutrients (% of daily need)

Calories: 76.16kcal (3.81%), Fat: 4.02g (6.19%), Saturated Fat: 1.14g (7.15%), Carbohydrates: 8.02g (2.67%), Net Carbohydrates: 7.29g (2.65%), Sugar: 0.61g (0.68%), Cholesterol: 5.05mg (1.68%), Sodium: 67.78mg (2.95%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.13g (4.25%), Vitamin K: 8.34µg (7.94%), Vitamin C: 4.14mg (5.02%), Manganese: 0.09mg (4.71%), Vitamin A: 200.64IU (4.01%), Phosphorus: 39.35mg (3.93%), Vitamin B2: 0.06mg (3.56%), Vitamin E: 0.52mg (3.44%), Calcium: 34.39mg (3.44%), Fiber: 0.73g (2.9%), Vitamin B6: 0.05mg (2.55%), Vitamin B3: 0.48mg (2.41%), Folate: 8.48µg (2.12%), Vitamin B1: 0.03mg (2.11%), Potassium: 71.08mg (2.03%), Copper: 0.04mg (1.97%), Magnesium: 7.75mg (1.94%), Zinc: 0.28mg (1.86%), Vitamin B5: 0.18mg (1.84%), Vitamin B12: 0.1µg (1.6%), Iron: 0.23mg (1.3%), Selenium: 0.87µg (1.24%)