



Lemony Couscous with Mint, Dill, and Feta

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

Ingredients

- 1.7 cups cherry tomatoes halved (1 pint)
- 1.5 cups cucumber diced english
- 1 tablespoon olive oil extravirgin
- 4 ounce feta cheese crumbled
- 1 tablespoon optional: dill fresh chopped
- 2 tablespoons mint leaves fresh chopped
- 1 large garlic clove minced
- 0.3 cup green onion chopped

- 0.3 cup juice of lemon fresh
- 1 teaspoon salt
- 2 cups water
- 10 ounce couscous whole wheat

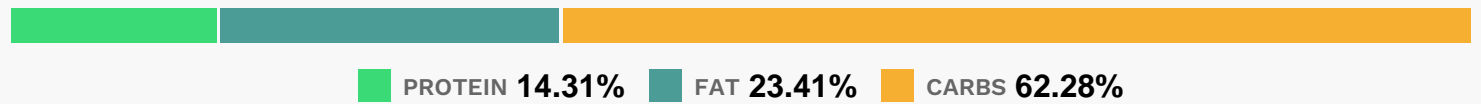
Equipment

- bowl
- sauce pan

Directions

- Combine first 4 ingredients in a medium saucepan; bring to a boil. Gradually stir in couscous.
- Remove from heat. Cover and let stand 5 minutes. Fluff with a fork; cool.
- Combine couscous, tomatoes, and next 5 ingredients (through dill) in a large bowl; toss well.
- Add cheese.

Nutrition Facts



Properties

Glycemic Index:13, Glycemic Load:0.25, Inflammation Score:-3, Nutrition Score:5.6104347809501%

Flavonoids

Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg, Eriodictyol: 0.88mg Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg, Hesperetin: 1.6mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.74mg, Quercetin: 0.74mg, Quercetin: 0.74mg

Nutrients (% of daily need)

Calories: 197.13kcal (9.86%), Fat: 5.52g (8.49%), Saturated Fat: 2.15g (13.42%), Carbohydrates: 33.04g (11.01%), Net Carbohydrates: 29.37g (10.68%), Sugar: 2.08g (2.31%), Cholesterol: 12.62mg (4.21%), Sodium: 460.32mg (20.01%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.59g (15.18%), Vitamin C: 12.9mg (15.63%), Fiber: 3.67g

(14.68%), Vitamin K: 14.01µg (13.34%), Calcium: 98.22mg (9.82%), Iron: 1.63mg (9.07%), Vitamin B2: 0.14mg (8.33%), Vitamin A: 331.23IU (6.62%), Phosphorus: 65.01mg (6.5%), Vitamin B6: 0.11mg (5.3%), Manganese: 0.08mg (4.11%), Folate: 16.15µg (4.04%), Vitamin B12: 0.24µg (3.99%), Potassium: 136.16mg (3.89%), Zinc: 0.54mg (3.58%), Selenium: 2.43µg (3.47%), Vitamin E: 0.5mg (3.3%), Vitamin B1: 0.04mg (2.99%), Magnesium: 11.19mg (2.8%), Copper: 0.06mg (2.79%), Vitamin B5: 0.25mg (2.51%), Vitamin B3: 0.38mg (1.9%)