



WHATSheATE



Mediterranean Couscous



Vegetarian



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



223 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 0.5 cup cucumber peeled seeded chopped
- ☐ 4 teaspoons olive oil extravirgin
- ☐ 1.8 cups fat-skimmed beef broth fat-free
- ☐ 1 tablespoon sage fresh chopped
- ☐ 1 cup grape tomatoes halved
- ☐ 0.3 cup spring onion sliced
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 0.3 teaspoon lemon zest grated
- ☐ 0.5 cup bell pepper red chopped
- ☐ 0.5 teaspoon salt
- ☐ 0.8 cup couscous whole wheat

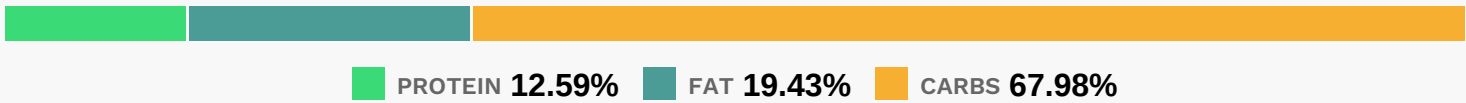
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring broth to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Combine couscous, tomatoes, and remaining ingredients in a large bowl.

Nutrition Facts



Properties

Glycemic Index:37.25, Glycemic Load:0.78, Inflammation Score:-7, Nutrition Score:12.379565156024%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

Nutrients (% of daily need)

Calories: 222.82kcal (11.14%), Fat: 5.22g (8.03%), Saturated Fat: 0.63g (3.91%), Carbohydrates: 41.06g (13.69%), Net Carbohydrates: 35.84g (13.03%), Sugar: 3.26g (3.62%), Cholesterol: 0mg (0%), Sodium: 701.1mg (30.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.6g (15.2%), Copper: 4.61mg (230.64%), Vitamin C: 33.71mg (40.87%), Fiber: 5.21g (20.86%), Vitamin K: 20.81µg (19.82%), Vitamin A: 969.6IU (19.39%), Manganese: 0.28mg (13.96%), Iron: 2.07mg (11.53%), Vitamin E: 1.12mg (7.5%), Potassium: 214.98mg (6.14%), Folate: 23.03µg (5.76%), Vitamin B6: 0.11mg (5.73%), Vitamin B3: 1.01mg (5.03%), Calcium: 43.13mg (4.31%), Magnesium: 14.03mg (3.51%), Vitamin B2:

0.06mg (3.32%), Vitamin B12: 0.2µg (3.31%), Selenium: 2.28µg (3.26%), Phosphorus: 32.08mg (3.21%), Vitamin B1:
0.05mg (3.06%), Vitamin B5: 0.27mg (2.7%), Zinc: 0.22mg (1.46%)