



Mediterranean Couscous



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



2

CALORIES



429 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 0.3 cup calamata olives pitted chopped
- ☐ 1 cup couscous
- ☐ 1 tablespoon basil dried
- ☐ 0.5 teaspoon garlic minced
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup roasted peppers red canned peeled drained cut into thin strips

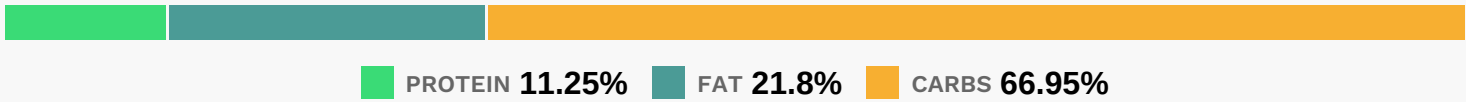
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ In a 2- to 3-quart pan over high heat, bring 1 1/4 cups water to a boil. Stir in couscous and basil.
- ☐ Remove from heat, cover, and let stand 5 minutes.
- ☐ Meanwhile, in a small bowl, whisk together olive oil, vinegar, and garlic. Fluff couscous with a fork and stir in peppers and olives.
- ☐ Add oil mixture and mix well.

Nutrition Facts



Properties

Glycemic Index:72.5, Glycemic Load:41.47, Inflammation Score:-4, Nutrition Score:12.284782505554%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 428.61kcal (21.43%), Fat: 10.29g (15.83%), Saturated Fat: 1.46g (9.15%), Carbohydrates: 71.1g (23.7%), Net Carbohydrates: 65.17g (23.7%), Sugar: 1.33g (1.48%), Cholesterol: 0mg (0%), Sodium: 594.96mg (25.87%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.94g (23.89%), Manganese: 0.93mg (46.55%), Vitamin K: 38.75µg (36.91%), Fiber: 5.93g (23.73%), Iron: 3.11mg (17.27%), Vitamin B3: 3.29mg (16.45%), Phosphorus: 160.54mg (16.05%), Copper: 0.31mg (15.53%), Magnesium: 57.85mg (14.46%), Vitamin C: 11.1mg (13.45%), Vitamin E: 1.87mg (12.44%), Vitamin B5: 1.11mg (11.09%), Vitamin B1: 0.15mg (10.23%), Vitamin B6: 0.18mg (8.9%), Calcium: 87.49mg (8.75%), Potassium: 249.38mg (7.13%), Folate: 27.76µg (6.94%), Zinc: 0.92mg (6.16%), Vitamin B2: 0.1mg (5.91%), Vitamin A: 202.6IU (4.05%)