



WHATSheATE



Mediterranean Couscous and Lentil Salad



Vegetarian

READY IN



56 min.

SERVINGS



10

CALORIES



259 kcal

SIDE DISH

Ingredients

- ☐ 0.5 teaspoon pepper black
- ☐ 1.5 cups couscous uncooked
- ☐ 1 tablespoon dijon mustard
- ☐ 1 cup lentils dried
- ☐ 14 ounce less-sodium chicken broth fat-free canned
- ☐ 4 ounces feta cheese crumbled
- ☐ 1 cup mint leaves fresh chopped
- ☐ 0.5 cup parsley fresh chopped

- ☐ 1.5 teaspoons garlic minced
- ☐ 0.5 cup green onions chopped
- ☐ 0.5 cup juice of lemon fresh
- ☐ 0.3 cup olive oil
- ☐ 1 cup bell pepper diced red

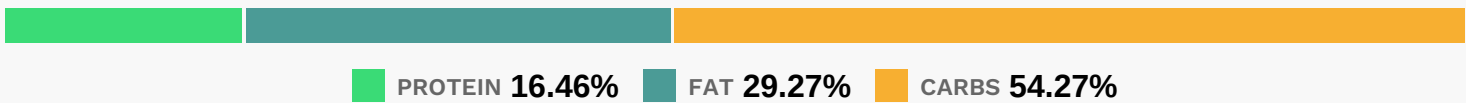
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place lentils in a large saucepan; cover with water 2 inches above lentils. Bring to a boil; cover, reduce heat, and simmer 25 to 30 minutes or until tender.
- ☐ Drain well; cool.
- ☐ 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 lentils, couscous, bell pepper, and next 3 ingredients in a large bowl; stir gently.
- ☐ Combine lemon juice and next 4 ingredients in a small bowl.
- ☐ Pour lemon juice mixture over couscous mixture; stir gently. Stir in cheese.

Nutrition Facts



Properties

Glycemic Index:30.66, Glycemic Load:14.08, Inflammation Score:-8, Nutrition Score:16.472173911074%

Flavonoids

Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 6.71mg, Apigenin: 6.71mg, Apigenin: 6.71mg, Apigenin: 6.71mg Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg, Luteolin: 0.7mg

Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg, Quercetin: 0.63mg Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg, Gallocatechin: 0.03mg

Nutrients (% of daily need)

Calories: 258.95kcal (12.95%), Fat: 8.48g (13.05%), Saturated Fat: 2.35g (14.68%), Carbohydrates: 35.38g (11.79%), Net Carbohydrates: 27.19g (9.89%), Sugar: 1.55g (1.72%), Cholesterol: 10.09mg (3.36%), Sodium: 316.65mg (13.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.73g (21.46%), Vitamin K: 64.89µg (61.8%), Vitamin C: 31.15mg (37.75%), Fiber: 8.19g (32.76%), Folate: 123.5µg (30.88%), Manganese: 0.58mg (28.79%), Vitamin A: 1017.98IU (20.36%), Phosphorus: 187.48mg (18.75%), Vitamin B1: 0.25mg (16.93%), Iron: 2.49mg (13.84%), Vitamin B6: 0.25mg (12.66%), Vitamin B2: 0.2mg (11.76%), Magnesium: 47.02mg (11.75%), Zinc: 1.63mg (10.86%), Copper: 0.21mg (10.33%), Vitamin B3: 2.05mg (10.26%), Potassium: 350.84mg (10.02%), Vitamin B5: 0.99mg (9.93%), Calcium: 97.18mg (9.72%), Vitamin E: 1.2mg (8.02%), Selenium: 4.81µg (6.87%), Vitamin B12: 0.27µg (4.52%)