



Mediterranean Couscous Salad

 Vegetarian

READY IN



75 min.

SERVINGS



15

CALORIES



119 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup olives black pitted chopped
- 10 oz couscous
- 3 Tbsp grey poupon dijon mustard
- 4 oz athenos feta cheese crumbled traditional
- 0.5 cup dressing italian kraft
- 0.5 tsp lemon zest grated
- 0.3 cup roasted peppers red drained chopped

Equipment

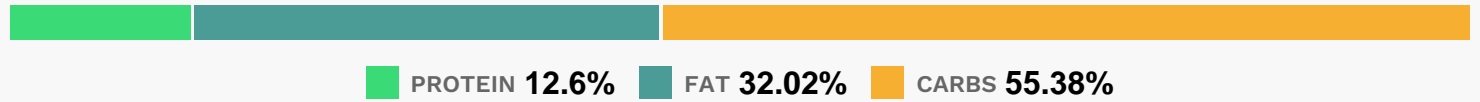
bowl

whisk

Directions

- Prepare couscous as directed on package; cool slightly. Beat dressing, mustard and lemon zest with wire whisk until well blended.
- Combine cheese, peppers and olives in large bowl; stir in couscous.
- Add dressing mixture; toss to coat well. Cover.
- Refrigerate at least 1 hour before serving.

Nutrition Facts



Properties

Glycemic Index:8.27, Glycemic Load:8.99, Inflammation Score:-1, Nutrition Score:3.1978261036717%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg

Nutrients (% of daily need)

Calories: 118.84kcal (5.94%), Fat: 4.2g (6.46%), Saturated Fat: 1.36g (8.49%), Carbohydrates: 16.34g (5.45%), Net Carbohydrates: 15.07g (5.48%), Sugar: 0.92g (1.02%), Cholesterol: 6.73mg (2.24%), Sodium: 311.65mg (13.55%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.72g (7.43%), Manganese: 0.17mg (8.47%), Phosphorus: 62.83mg (6.28%), Fiber: 1.27g (5.07%), Calcium: 48.42mg (4.84%), Vitamin B2: 0.08mg (4.81%), Vitamin K: 4.63µg (4.41%), Vitamin B3: 0.79mg (3.95%), Vitamin B1: 0.05mg (3.43%), Selenium: 2.36µg (3.37%), Vitamin B6: 0.07mg (3.35%), Vitamin B5: 0.32mg (3.19%), Copper: 0.06mg (3.12%), Magnesium: 12.43mg (3.11%), Zinc: 0.41mg (2.71%), Vitamin E: 0.37mg (2.45%), Vitamin B12: 0.13µg (2.13%), Iron: 0.37mg (2.05%), Vitamin C: 1.58mg (1.91%), Folate: 7.05µg (1.76%), Potassium: 53.68mg (1.53%), Vitamin A: 70.75IU (1.41%)