



## Mediterranean Couscous Salad

 Vegetarian  Vegan  Dairy Free

READY IN



55 min.

SERVINGS



8

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 teaspoon pepper black
- 8 ounce picked cipollini onions
- 1 teaspoon dijon mustard
- 2 cucumbers english peeled sliced into 1/ disks
- 0.5 cup mint leaves fresh packed for garnish
- 2 garlic cloves with the side of a knife blade and quartered crushed
- 1 pound israeli couscous (pearl pasta)
- 0.5 cup olive oil extra-virgin

- 2 tablespoons olive oil (with the couscous) for the tomatoes and 1 tablespoon to toss
- 1 bell pepper (red seeds removed and cut brunoise)
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 4 tomatoes (yellow)

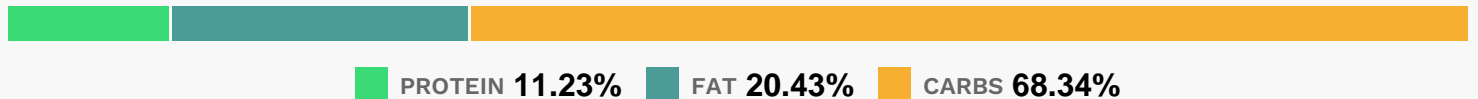
## Equipment

- oven
- blender

## Directions

- Preheat oven to 325 degrees F.
- Brush 1 tablespoon olive oil on the tomatoes (reserving the rest) and roast for about 25 minutes.
- Remove from oven, allow to cool, and cut into wedges.
- Boil couscous until al dente as you would for pasta, drain well, and toss with 1 tablespoon reserved olive oil.
- For the dressing, add the vinegar to a blender and replace the cover. Turn on the blender and through the feed opening add, 1 at a time, the garlic, mustard, salt, and pepper. Leaving the blender running, add the olive oil in a slow thin stream. Set aside briefly.
- Toss together the couscous, tomatoes, bell pepper, mint leaves, cipollini onions, and cucumber with enough of the dressing to coat.
- Serve additional dressing on the side.

## Nutrition Facts



## Properties

Glycemic Index:27.25, Glycemic Load:27.55, Inflammation Score:-7, Nutrition Score:9.9208696717801%

## Flavonoids

Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg, Eriodictyol: 0.87mg Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg, Hesperetin: 0.29mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg, Isorhamnetin: 1.42mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg, Quercetin: 5.83mg

## **Nutrients (% of daily need)**

Calories: 299.02kcal (14.95%), Fat: 6.78g (10.42%), Saturated Fat: 0.98g (6.13%), Carbohydrates: 50.97g (16.99%), Net Carbohydrates: 46.67g (16.97%), Sugar: 3.1g (3.44%), Cholesterol: 0mg (0%), Sodium: 162.68mg (7.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.38g (16.76%), Manganese: 0.62mg (31.08%), Vitamin C: 24.43mg (29.62%), Fiber: 4.31g (17.23%), Vitamin K: 17.1µg (16.29%), Vitamin A: 665.72IU (13.31%), Phosphorus: 131.03mg (13.1%), Vitamin B3: 2.29mg (11.47%), Magnesium: 42.48mg (10.62%), Vitamin B5: 1mg (9.99%), Copper: 0.2mg (9.95%), Vitamin B1: 0.14mg (9.27%), Vitamin B6: 0.18mg (9.18%), Potassium: 301.6mg (8.62%), Folate: 32.26µg (8.07%), Vitamin E: 1.16mg (7.73%), Iron: 1.18mg (6.55%), Vitamin B2: 0.1mg (5.79%), Zinc: 0.75mg (5.03%), Calcium: 42.74mg (4.27%), Selenium: 0.71µg (1.01%)