



Mediterranean Couscous Salad

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



126 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup chicken broth (from 32-oz carton)
- 0.8 cup couscous uncooked
- 1 cup plum tomatoes cubed (Roma) (3 medium)
- 1 cup cucumber cubed unpeeled (1 small)
- 0.5 cup kalamata olives pitted halved
- 0.3 cup spring onion chopped (4 medium)
- 0.3 cup optional: dill dried fresh chopped
- 2 tablespoons juice of lemon

- 2 tablespoons vegetable oil
- 0.1 teaspoon salt
- 2 tablespoons feta cheese crumbled

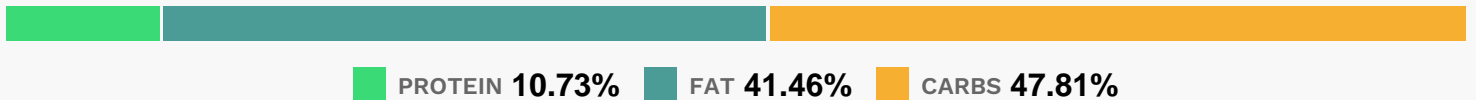
Equipment

- bowl
- sauce pan
- whisk

Directions

- In 2-quart saucepan, heat broth to boiling. Stir in couscous; remove from heat. Cover; let stand 5 minutes.
- In large bowl, place tomatoes, cucumber, olives, onions and dill weed. Stir in couscous.
- In small bowl, beat lemon juice, oil and salt with wire whisk until well blended; pour over vegetable mixture and toss. Cover; refrigerate 1 hour to blend flavors.
- Just before serving, sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:24, Glycemic Load:8.08, Inflammation Score:-4, Nutrition Score:4.8978261060041%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg, Quercetin: 1.33mg

Nutrients (% of daily need)

Calories: 126.07kcal (6.3%), Fat: 5.89g (9.06%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 15.28g (5.09%), Net Carbohydrates: 13.59g (4.94%), Sugar: 1.35g (1.5%), Cholesterol: 4.37mg (1.46%), Sodium: 330.26mg (14.36%),

Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 3.43g (6.85%), Vitamin K: 16.45µg (15.67%), Manganese: 0.21mg (10.56%), Vitamin C: 7.87mg (9.54%), Vitamin A: 454.74IU (9.09%), Fiber: 1.68g (6.74%), Phosphorus: 56.42mg (5.64%), Vitamin E: 0.81mg (5.38%), Vitamin B2: 0.08mg (4.92%), Vitamin B3: 0.92mg (4.59%), Copper: 0.09mg (4.53%), Potassium: 154.42mg (4.41%), Folate: 16.57µg (4.14%), Calcium: 41.24mg (4.12%), Vitamin B1: 0.06mg (4.03%), Magnesium: 16.07mg (4.02%), Vitamin B6: 0.08mg (3.85%), Vitamin B5: 0.33mg (3.27%), Iron: 0.53mg (2.93%), Zinc: 0.39mg (2.58%), Vitamin B12: 0.08µg (1.29%), Selenium: 0.87µg (1.24%)