



## Mediterranean Couscous Salad

 Vegetarian

READY IN



80 min.

SERVINGS



8

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

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

- 0.1 teaspoon salt
- 2 tablespoons vegetable oil

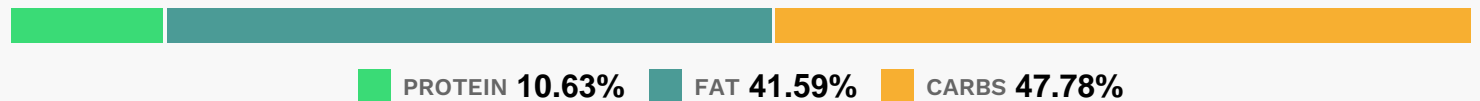
## Equipment

- 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:22.13, Glycemic Load:8.07, Inflammation Score:-3, Nutrition Score:4.5656521676675%

## 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 Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg, Quercetin: 0.52mg

## Nutrients (% of daily need)

Calories: 125.44kcal (6.27%), Fat: 5.87g (9.03%), Saturated Fat: 1.29g (8.07%), Carbohydrates: 15.17g (5.06%), Net Carbohydrates: 13.52g (4.92%), Sugar: 1.35g (1.5%), Cholesterol: 4.37mg (1.46%), Sodium: 329.36mg (14.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.38g (6.75%), Vitamin K: 16.45µg (15.67%), Manganese: 0.19mg (9.63%), Vitamin C: 6.62mg (8.03%), Vitamin A: 341.38IU (6.83%), Fiber: 1.65g (6.61%), Phosphorus: 55.45mg

(5.55%), Vitamin E: 0.81mg (5.38%), Vitamin B2: 0.08mg (4.66%), Vitamin B3: 0.89mg (4.47%), Copper: 0.09mg (4.42%), Potassium: 143.58mg (4.1%), Vitamin B1: 0.06mg (3.98%), Calcium: 38.19mg (3.82%), Magnesium: 15.26mg (3.82%), Vitamin B6: 0.07mg (3.71%), Folate: 14.37µg (3.59%), Vitamin B5: 0.32mg (3.21%), Zinc: 0.37mg (2.49%), Iron: 0.43mg (2.4%), Vitamin B12: 0.08µg (1.29%), Selenium: 0.87µg (1.24%)