




 **23%**
HEALTH SCORE

Mediterranean Couscous Salad


 Vegetarian  Vegan  Dairy Free

READY IN




70 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH ANTIPASTI STARTER SNACK

Ingredients

- 0.5 teaspoon asafetida
- 0.5 cup chickpeas cooked
- 1.5 cups couscous
- 0.5 cup cucumber diced
- 0.3 cup mint leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 0.3 cup green beans diced canned
- 0.3 cup bell pepper diced green

- 0.3 cup olive green pitted quartered
- 0.3 cup juice of lemon
- 2 tablespoons olive oil
- 0.3 cup bell pepper diced red
- 0.3 cup roasted peanuts
- 1 teaspoon salt
- 6 servings salt and pepper to taste
- 3 tablespoons tahini
- 0.5 cup tomatoes diced
- 1.5 cups water

Equipment

- bowl
- sauce pan
- whisk

Directions

- Make a dressing by whisking together the lemon juice, 2 tablespoons olive oil, tahini paste, mint, asafoetida powder, and parsley; season with salt and pepper. Set aside.
- Combine the water with 1 teaspoon salt and 2 tablespoons olive oil in a saucepan; bring to a boil over medium heat.
- Remove from heat and stir the couscous into the water; cover for 10 minutes.
- Place the couscous in a large bowl.
- Mix the diced tomato, red bell pepper, green bell pepper, green beans, chickpeas, cucumber, olives, and peanuts into the couscous. While stirring, slowly pour the dressing into the mixture.
- Serve immediately.

Nutrition Facts



■ PROTEIN 12.43% ■ FAT 35.86% ■ CARBS 51.71%

Properties

Glycemic Index:43.96, Glycemic Load:21.42, Inflammation Score:-7, Nutrition Score:13.55347826087%

Flavonoids

Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg, Eriodictyol: 1.08mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg, Apigenin: 5.49mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg, Myricetin: 0.4mg Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg, Quercetin: 0.39mg

Nutrients (% of daily need)

Calories: 326.93kcal (16.35%), Fat: 13.28g (20.43%), Saturated Fat: 1.9g (11.87%), Carbohydrates: 43.08g (14.36%), Net Carbohydrates: 37.93g (13.79%), Sugar: 2.02g (2.24%), Cholesterol: 0mg (0%), Sodium: 710.14mg (30.88%), Protein: 10.36g (20.72%), Vitamin K: 49µg (46.66%), Manganese: 0.72mg (36.16%), Vitamin C: 23.94mg (29.02%), Fiber: 5.15g (20.62%), Phosphorus: 193.24mg (19.32%), Copper: 0.37mg (18.42%), Vitamin B1: 0.25mg (16.74%), Vitamin B3: 3.21mg (16.03%), Folate: 63.75µg (15.94%), Vitamin A: 682.51IU (13.65%), Magnesium: 52.95mg (13.24%), Iron: 1.84mg (10.19%), Potassium: 309.96mg (8.86%), Vitamin B6: 0.16mg (7.96%), Vitamin E: 1.18mg (7.88%), Zinc: 1.18mg (7.85%), Vitamin B5: 0.77mg (7.66%), Calcium: 54.14mg (5.41%), Selenium: 3.67µg (5.24%), Vitamin B2: 0.08mg (4.88%)