



Mint Couscous with Zucchini and Tomato



Vegetarian



Vegan



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



410 kcal

SIDE DISH

Ingredients

- ☐ 1.5 cups couscous plain instant uncooked
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.5 cup golden raisins
- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon
- ☐ 3 tablespoons olive oil
- ☐ 1 cup tomatoes chopped
- ☐ 1 medium zucchini halved lengthwise thinly sliced (and , 2 cups)

Equipment

- ☐ bowl
- ☐ plastic wrap

Directions

- ☐ Place instant couscous in a large bowl and add 2 cups boiling water. Cover with plastic wrap and set aside for 5 minutes. Uncover and fluff with a fork.
- ☐ Add lemon juice, kosher salt, olive oil, zucchini, tomato, fresh mint, raisins. Toss until well combined.

Nutrition Facts



Properties

Glycemic Index:43.67, Glycemic Load:38.84, Inflammation Score:-6, Nutrition Score:11.058260817891%

Flavonoids

Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg, Eriodictyol: 1.34mg Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg, Hesperetin: 0.92mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 409.97kcal (20.5%), Fat: 11.27g (17.34%), Saturated Fat: 1.61g (10.09%), Carbohydrates: 68.44g (22.81%), Net Carbohydrates: 63.22g (22.99%), Sugar: 13.03g (14.47%), Cholesterol: 0mg (0%), Sodium: 597.22mg (25.97%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.97g (19.93%), Manganese: 0.74mg (36.85%), Fiber: 5.22g (20.87%), Vitamin C: 17.1mg (20.72%), Phosphorus: 161.73mg (16.17%), Vitamin B3: 2.98mg (14.9%), Copper: 0.29mg (14.37%), Potassium: 484.5mg (13.84%), Magnesium: 51.05mg (12.76%), Vitamin B6: 0.25mg (12.31%), Vitamin E: 1.8mg (12%), Vitamin K: 12.01µg (11.43%), Vitamin A: 567.82IU (11.36%), Vitamin B5: 0.98mg (9.82%), Vitamin B1: 0.15mg (9.8%), Folate: 35.89µg (8.97%), Vitamin B2: 0.15mg (8.76%), Iron: 1.56mg (8.69%), Zinc: 0.86mg (5.74%), Calcium: 46.54mg (4.65%)