



HEALTH SCORE

69%

Niçoise-Style Couscous Salad



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 8 ounce tuna steak ()
- ☐ 1.5 teaspoons anchovy paste
- ☐ 0.3 teaspoon pepper black
- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 garlic cloves crushed
- ☐ 1.5 cups green beans sliced (2-inch)
- ☐ 1 large hard-cooked egg cut into 4 wedges

- ☐ 0.3 cup kalamata olives pitted coarsely chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 0.3 cup onion red chopped
- ☐ 0.3 teaspoon salt divided
- ☐ 1 cup tomatoes chopped
- ☐ 1.3 cups water

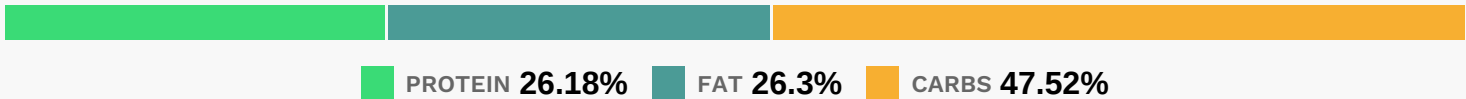
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Steam beans, covered, 7 minutes.
- ☐ Sprinkle 1/8 teaspoon salt over tuna.
- ☐ Heat a medium nonstick skillet coated with cooking spray over medium-high heat until hot.
- ☐ Add tuna; cook 3 minutes on each side or until medium-rare or desired degree of doneness. Break tuna into chunks.
- ☐ Bring water to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork; cool.
- ☐ Combine 1/8 teaspoon salt, lemon juice, oil, anchovy paste, pepper, and garlic in a large bowl; stir well with a whisk.
- ☐ Add beans, tuna, couscous, tomato, olives, onion, and parsley; toss gently. Top each serving with an egg wedge.

Nutrition Facts



Properties

Glycemic Index:67.5, Glycemic Load:21.95, Inflammation Score:-9, Nutrition Score:25.483478235162%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg, Myricetin: 0.69mg Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg, Quercetin: 3.45mg

Nutrients (% of daily need)

Calories: 345.49kcal (17.27%), Fat: 10.06g (15.48%), Saturated Fat: 1.98g (12.38%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 36.42g (13.24%), Sugar: 3.28g (3.64%), Cholesterol: 70.08mg (23.36%), Sodium: 456.35mg (19.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.54g (45.07%), Vitamin B12: 5.51µg (91.75%), Vitamin K: 85.02µg (80.98%), Vitamin A: 2260.36IU (45.21%), Selenium: 26.71µg (38.16%), Vitamin B3: 7.51mg (37.53%), Phosphorus: 278.24mg (27.82%), Manganese: 0.54mg (27.23%), Vitamin C: 20.68mg (25.07%), Vitamin D: 3.55µg (23.63%), Vitamin B6: 0.46mg (22.81%), Vitamin B1: 0.28mg (18.72%), Vitamin B2: 0.31mg (18.18%), Fiber: 4.49g (17.94%), Magnesium: 70.71mg (17.68%), Vitamin B5: 1.51mg (15.12%), Vitamin E: 2.12mg (14.15%), Potassium: 477.42mg (13.64%), Copper: 0.26mg (12.91%), Iron: 2.2mg (12.22%), Folate: 45.03µg (11.26%), Zinc: 1.14mg (7.61%), Calcium: 64.99mg (6.5%)