



Quick Greek Couscous with Shrimp

READY IN



25 min.

SERVINGS



4

CALORIES



492 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1.3 cups couscous uncooked
- ☐ 1 cup grape tomatoes halved
- ☐ 0.5 cup spring onion thinly sliced
- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 0.3 cup yogurt plain 2% greek-style reduced-fat (such as Fage)
- ☐ 3 tablespoons olive oil divided
- ☐ 0.4 teaspoon salt divided
- ☐ 1.5 pounds shrimp deveined peeled

☐ 1.5 cups water

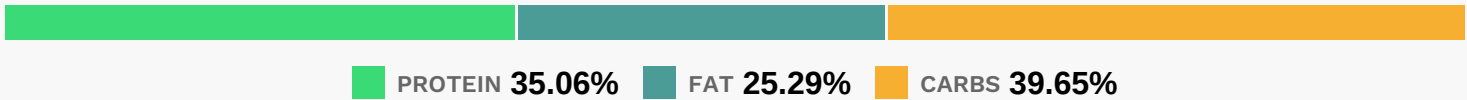
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Bring 1 1/2 cups water to a boil in a large saucepan over medium-high heat.
- ☐ Add couscous, 1/4 teaspoon salt, and pepper to pan. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork.
- ☐ Heat a large skillet over medium-high heat.
- ☐ Add 1 tablespoon olive oil to pan; swirl to coat.
- ☐ Sprinkle shrimp with remaining 1/8 teaspoon salt.
- ☐ Add shrimp to pan, and saut for 3 minutes or until done.
- ☐ Add shrimp to couscous mixture.
- ☐ Combine remaining 2 tablespoons oil, tomatoes, onions, and olives in a large bowl; toss.
- ☐ Add tomato mixture to couscous mixture; toss to combine.
- ☐ Serve with yogurt.

Nutrition Facts



Properties

Glycemic Index:41.75, Glycemic Load:27.75, Inflammation Score:-5, Nutrition Score:15.197391318238%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg, Kaempferol: 0.2mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 491.52kcal (24.58%), Fat: 13.8g (21.23%), Saturated Fat: 2.09g (13.05%), Carbohydrates: 48.69g (16.23%), Net Carbohydrates: 44.6g (16.22%), Sugar: 2.41g (2.68%), Cholesterol: 274.78mg (91.59%), Sodium: 620.97mg (27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 43.05g (86.1%), Phosphorus: 498.5mg (49.85%), Copper: 0.87mg (43.65%), Vitamin K: 35.74µg (34.03%), Manganese: 0.6mg (30.07%), Magnesium: 96.67mg (24.17%), Potassium: 711.59mg (20.33%), Zinc: 3.02mg (20.15%), Calcium: 173.31mg (17.33%), Fiber: 4.09g (16.36%), Vitamin E: 2.22mg (14.78%), Vitamin B3: 2.35mg (11.73%), Iron: 1.95mg (10.81%), Vitamin A: 488.31IU (9.77%), Vitamin C: 7.58mg (9.18%), Vitamin B5: 0.86mg (8.56%), Vitamin B1: 0.12mg (8.27%), Folate: 27.19µg (6.8%), Vitamin B2: 0.1mg (5.65%), Vitamin B6: 0.11mg (5.63%), Vitamin B12: 0.09µg (1.43%)