



Roasted Vegetable Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



253 kcal

SIDE DISH

Ingredients

- ☐ 1 tablespoon balsamic vinegar
- ☐ 3 medium size beets fresh
- ☐ 0.3 teaspoon pepper black
- ☐ 2 carrots
- ☐ 0.5 cup feta cheese crumbled
- ☐ 2 teaspoons thyme sprigs fresh chopped
- ☐ 1.5 cups regular couscous uncooked (pearl)
- ☐ 0.5 teaspoon kosher salt

- ☐ 1 teaspoon kosher salt
- ☐ 1 tablespoon olive oil
- ☐ 0.8 cup peaches fresh diced
- ☐ 6 servings thyme sprigs fresh

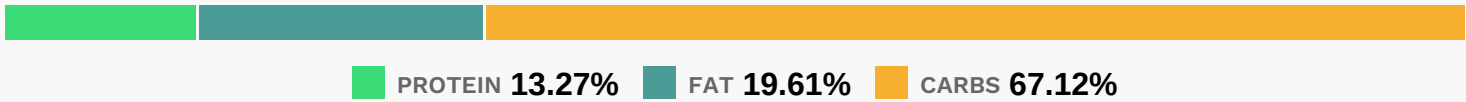
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Preheat oven to 40
- ☐ Peel beets and carrots.
- ☐ Cut beets and carrots into 1-inch pieces, discarding beet stems. Toss with 1 Tbsp. olive oil, 1 tsp. kosher salt, and 1/4 tsp. black pepper.
- ☐ Place in a single layer in center of a large piece of heavy-duty aluminum foil. Bring up foil sides over vegetables; double fold top and sides to seal, making a packet.
- ☐ Place on a baking sheet; bake 25 to 30 minutes or until tender. Cook couscous according to package directions; toss with 1 Tbsp. olive oil and balsamic vinegar, chopped fresh thyme, 1/2 tsp. kosher salt, and 1/4 tsp. black pepper. Top with roasted vegetables, diced peaches or mango, feta cheese, and fresh thyme sprigs.

Nutrition Facts



Properties

Glycemic Index:69.18, Glycemic Load:23.66, Inflammation Score:-10, Nutrition Score:11.698695694623%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg, Catechin: 0.95mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg, Epicatechin: 0.45mg

Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg, Epigallocatechin 3–gallate: 0.06mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg, Luteolin: 0.93mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 252.78kcal (12.64%), Fat: 5.5g (8.45%), Saturated Fat: 2.06g (12.9%), Carbohydrates: 42.31g (14.1%), Net Carbohydrates: 37.92g (13.79%), Sugar: 5.75g (6.39%), Cholesterol: 11.13mg (3.71%), Sodium: 777.48mg (33.8%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.37g (16.74%), Vitamin A: 3605.56IU (72.11%), Manganese: 0.56mg (27.85%), Fiber: 4.4g (17.59%), Folate: 63.02µg (15.76%), Phosphorus: 144.96mg (14.5%), Vitamin B3: 2.14mg (10.7%), Vitamin B2: 0.18mg (10.65%), Magnesium: 37.74mg (9.43%), Calcium: 94.15mg (9.41%), Potassium: 314.9mg (9%), Copper: 0.18mg (8.8%), Vitamin B6: 0.17mg (8.32%), Vitamin B5: 0.81mg (8.09%), Vitamin C: 6.67mg (8.08%), Vitamin B1: 0.12mg (8.04%), Iron: 1.33mg (7.41%), Zinc: 0.99mg (6.57%), Vitamin K: 5.11µg (4.87%), Vitamin E: 0.65mg (4.34%), Selenium: 2.59µg (3.7%), Vitamin B12: 0.21µg (3.52%)