



Simple Greek Couscous

 Vegetarian

READY IN



25 min.

SERVINGS



6

CALORIES



209 kcal

SIDE DISH

Ingredients

- 1 cup couscous
- 1 tablespoon parsley dried to taste
- 4 ounce feta cheese crumbled
- 0.7 cup kalamata olives chopped
- 0.7 cup bell pepper diced red
- 0.5 cup sun-dried tomatoes diced
- 1 cup water

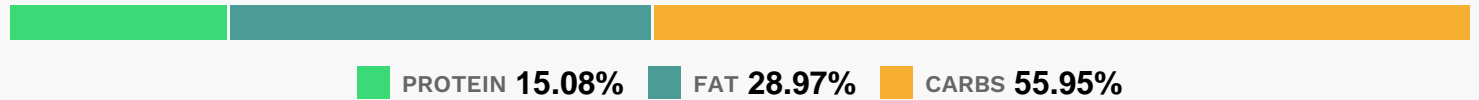
Equipment

- bowl
- sauce pan

Directions

- Bring water to a boil in a saucepan.
- Remove from the heat, and stir in couscous. Cover and let stand for 10 minutes, then fluff with a fork. Set aside to cool slightly.
- Mix olives, red bell pepper, sun-dried tomatoes, and couscous together in a bowl. Stir about 1 tablespoon liquid from olives and 1 tablespoon oil from sun-dried tomatoes into the couscous mixture until moistened.
- Add more oil as needed. Fold in feta cheese; sprinkle with parsley.

Nutrition Facts



Properties

Glycemic Index:25.67, Glycemic Load:15.18, Inflammation Score:-7, Nutrition Score:10.625217334084%

Flavonoids

Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg, Apigenin: 15.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 209.18kcal (10.46%), Fat: 6.88g (10.59%), Saturated Fat: 2.91g (18.16%), Carbohydrates: 29.92g (9.97%), Net Carbohydrates: 26.42g (9.61%), Sugar: 4.25g (4.72%), Cholesterol: 16.82mg (5.61%), Sodium: 466.29mg (20.27%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.06g (16.13%), Vitamin C: 25.2mg (30.55%), Manganese: 0.45mg (22.53%), Phosphorus: 151.7mg (15.17%), Vitamin A: 743.64IU (14.87%), Vitamin B2: 0.25mg (14.7%), Fiber: 3.5g (14%), Calcium: 124.12mg (12.41%), Potassium: 424.17mg (12.12%), Copper: 0.24mg (11.86%), Vitamin B3: 2.25mg (11.27%), Vitamin B6: 0.2mg (9.91%), Magnesium: 39.43mg (9.86%), Vitamin K: 9.83µg (9.37%), Vitamin B1: 0.14mg (9.15%), Iron: 1.49mg (8.25%), Vitamin B5: 0.79mg (7.92%), Zinc: 1.04mg (6.9%), Folate: 26.71µg (6.68%), Vitamin E: 0.9mg (5.99%), Vitamin B12: 0.32µg (5.32%), Selenium: 3.54µg (5.05%)