



Spinach, broad bean & feta salad

 Vegetarian

READY IN



25 min.

SERVINGS



4

CALORIES



492 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 250 g couscous
- ☐ 300 g broad beans frozen
- ☐ 125 g baby spinach leaves
- ☐ 20 g pack mint fresh
- ☐ 85 g olives black
- ☐ 200 g pack feta cheese

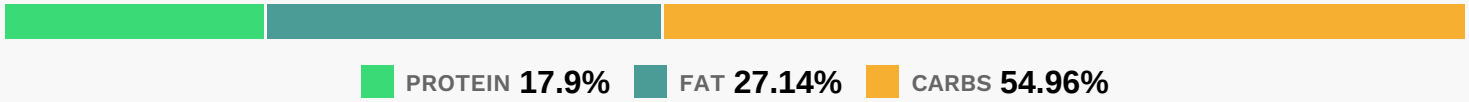
Equipment

- ☐ colander

Directions

- ☐ Prepare couscous with boiling water, according to the packet's instructions.
- ☐ Meanwhile, boil broad beans according to pack instructions. Cool in a colander under the cold tap, then drain. Put baby spinach leaves into a colander and pour over boiling water to wilt. Refresh under cold water and squeeze dry.
- ☐ Stir the broad beans, spinach, mint and the black olives into the couscous. Crumble in the feta.
- ☐ Drizzle with plenty of olive oil and season. Toss well.

Nutrition Facts



Properties

Glycemic Index:45.5, Glycemic Load:36.29, Inflammation Score:-10, Nutrition Score:27.849565137988%

Flavonoids

Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg, Eriodictyol: 1.55mg Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg, Hesperetin: 0.51mg Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg, Apigenin: 0.27mg Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg, Luteolin: 0.98mg Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg, Kaempferol: 1.99mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg, Quercetin: 1.24mg

Nutrients (% of daily need)

Calories: 491.5kcal (24.58%), Fat: 14.87g (22.88%), Saturated Fat: 7.24g (45.22%), Carbohydrates: 67.77g (22.59%), Net Carbohydrates: 58.8g (21.38%), Sugar: 1.61g (1.79%), Cholesterol: 44.5mg (14.83%), Sodium: 937.74mg (40.77%), Alcohol: 0g (0%), Alcohol %: 0% (100%), Protein: 22.08g (44.15%), Vitamin K: 154.31µg (146.96%), Vitamin A: 3448.47IU (68.97%), Manganese: 1.16mg (57.82%), Folate: 173.46µg (43.37%), Phosphorus: 388.31mg (38.83%), Vitamin B2: 0.61mg (35.96%), Fiber: 8.96g (35.85%), Calcium: 342.64mg (34.26%), Magnesium: 100.28mg (25.07%), Copper: 0.45mg (22.36%), Vitamin B6: 0.41mg (20.44%), Zinc: 2.95mg (19.64%), Vitamin B1: 0.28mg (18.97%), Iron: 3.33mg (18.5%), Vitamin B3: 3.57mg (17.86%), Potassium: 547.5mg (15.64%), Selenium: 9.95µg (14.22%), Vitamin B5: 1.42mg (14.2%), Vitamin B12: 0.85µg (14.08%), Vitamin C: 10.6mg (12.84%), Vitamin E: 1.55mg (10.33%), Vitamin D: 0.2µg (1.33%)