



 **65%**
HEALTH SCORE

Spinach, Tomato & Onion Couscous

 Vegetarian  Very Healthy

READY IN



45 min.

SERVINGS



3

CALORIES



565 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.5 cup feta cheese crumbled for garnish (preferably goat or sheep's milk)
- 2 tablespoons olive oil
- 0.3 cup pinenuts
- 1 small onion red chopped
- 0.3 teaspoon salt
- 5 cups pkt spinach fresh washed
- 0.5 pound strawberries ripe
- 1.5 cups water

1 cup couscous whole-wheat

Equipment

bowl

frying pan

pot

Directions

Bring the water, along with half the salt, to a boil in a small pan. Once boiling, add the couscous, stir and cover with a lid.

Remove the pot from the heat, and allow it to sit for the 5 to 7 minutes it takes to cook the vegetables.

Heat a large pan over medium-high heat and add the 2 tablespoons of olive oil. Once the oil is hot, add the onions and saut until they begin to brown.

Add the tomatoes and remaining salt and saut until they begin to wilt, about 20 to 30 seconds.

Add the spinach and saut just until it wilts but remains bright green. Finally, stir the pine nuts into the vegetable mixture and remove the pan from the heat. Season with salt and pepper to taste.

Pour the couscous into a large bowl, add the sauted vegetables along with the crumbled feta and toss everything together. Top with the extra crumbled feta and enjoy while hot.

Nutrition Facts



PROTEIN 12.2% **FAT 35.99%** **CARBS 51.81%**

Properties

Glycemic Index:42, Glycemic Load:2.96, Inflammation Score:-10, Nutrition Score:29.01652173913%

Flavonoids

Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg, Cyanidin: 1.27mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg, Delphinidin: 0.23mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg, Pelargonidin: 18.79mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg,

Peonidin: 0.04mg Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg, Catechin: 2.35mg Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg, Epigallocatechin: 0.59mg Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg, Epicatechin: 0.32mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg, Naringenin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg, Luteolin: 0.39mg Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg, Isorhamnetin: 1.84mg Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg, Kaempferol: 3.81mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg, Quercetin: 10.27mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 71.1%, Saltiness: 100%, Sourness: 58.8%, Bitterness: 57.88%, Savoriness: 73.21%, Fattiness: 89.39%, Spiciness: 0%

Nutrients (% of daily need)

Calories: 565.37kcal (28.27%), Fat: 24.24g (37.3%), Saturated Fat: 5.22g (32.64%), Carbohydrates: 78.51g (26.17%), Net Carbohydrates: 67.94g (24.71%), Sugar: 7.25g (8.05%), Cholesterol: 22.25mg (7.42%), Sodium: 526.84mg (22.91%), Protein: 18.5g (36.99%), Vitamin K: 255.44µg (243.28%), Vitamin A: 4807.07IU (96.14%), Manganese: 1.79mg (89.27%), Vitamin C: 61.31mg (74.31%), Fiber: 10.57g (42.27%), Folate: 133.94µg (33.48%), Iron: 5.07mg (28.18%), Vitamin E: 3.68mg (24.53%), Calcium: 226.44mg (22.64%), Magnesium: 87.17mg (21.79%), Vitamin B2: 0.36mg (21.03%), Phosphorus: 202.21mg (20.22%), Potassium: 531mg (15.17%), Vitamin B6: 0.29mg (14.68%), Copper: 0.29mg (14.56%), Zinc: 1.89mg (12.61%), Vitamin B1: 0.15mg (10.23%), Vitamin B3: 1.44mg (7.19%), Vitamin B12: 0.42µg (7.04%), Selenium: 4.82µg (6.88%), Vitamin B5: 0.45mg (4.49%)