



Spring Vegetable Couscous

 Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



183 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup diagonally cut asparagus (1-inch)
- ☐ 6 ounces beets
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 3 cups couscous cooked
- ☐ 2 ounces feta cheese crumbled
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 tablespoon parsley fresh finely chopped
- ☐ 0.5 cup peas fresh green

- ☐ 0.5 teaspoon kosher salt
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup radishes quartered
- ☐ 0.5 cup baby squash yellow chopped

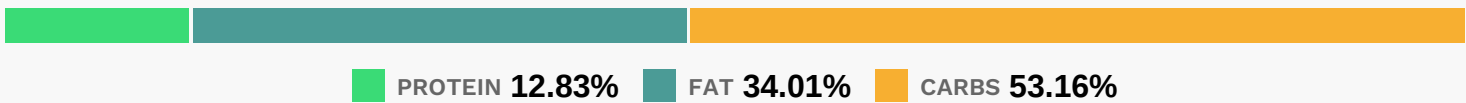
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Leave roots and 1 inch stems on beets; scrub with a brush.
- ☐ Place in a medium saucepan; cover with water. Bring to a boil; cover, reduce heat, and simmer 15 minutes or until tender.
- ☐ Drain and rinse with cold water.
- ☐ Drain; cool. Trim off beet roots; rub off skins.
- ☐ Cut into quarters.
- ☐ Steam peas, asparagus, and squash, covered, 3 minutes or until crisp-tender.
- ☐ Combine beets, peas, asparagus, squash, and remaining ingredients in a large bowl.

Nutrition Facts



Properties

Glycemic Index:60.06, Glycemic Load:13.14, Inflammation Score:-5, Nutrition Score:9.3686957048333%

Flavonoids

Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg, Pelargonidin: 6.1mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg, Apigenin: 1.49mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg

Luteolin: 0.22mg Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg, Isorhamnetin: 0.64mg
Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.1mg, Myricetin:
0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg, Quercetin: 1.61mg

Nutrients (% of daily need)

Calories: 183.27kcal (9.16%), Fat: 6.99g (10.75%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 24.57g (8.19%), Net
Carbohydrates: 21.35g (7.77%), Sugar: 3.35g (3.72%), Cholesterol: 8.41mg (2.8%), Sodium: 333.12mg (14.48%),
Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.86%), Selenium: 23.77µg (33.95%), Vitamin K: 22.37µg
(21.31%), Folate: 67µg (16.75%), Vitamin C: 12mg (14.54%), Manganese: 0.29mg (14.26%), Fiber: 3.21g (12.85%),
Vitamin B2: 0.16mg (9.69%), Phosphorus: 86.28mg (8.63%), Vitamin B1: 0.13mg (8.57%), Vitamin B6: 0.16mg
(8.02%), Potassium: 256.07mg (7.32%), Vitamin B3: 1.42mg (7.1%), Calcium: 70.93mg (7.09%), Vitamin A: 338.22IU
(6.76%), Iron: 1.2mg (6.66%), Vitamin E: 0.97mg (6.44%), Magnesium: 24.15mg (6.04%), Copper: 0.12mg (5.75%),
Zinc: 0.86mg (5.73%), Vitamin B5: 0.51mg (5.11%), Vitamin B12: 0.16µg (2.66%)