



Tangy couscous salad

 Vegetarian

READY IN



10 min.

SERVINGS



4

CALORIES



386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g bulgur wheat
- ☐ 4 servings vegetable stock
- ☐ 2 courgettes
- ☐ 1 tbsp olive oil
- ☐ 100 g feta cheese crumbled
- ☐ 20 g pack parsley chopped
- ☐ 1 juice of lemon

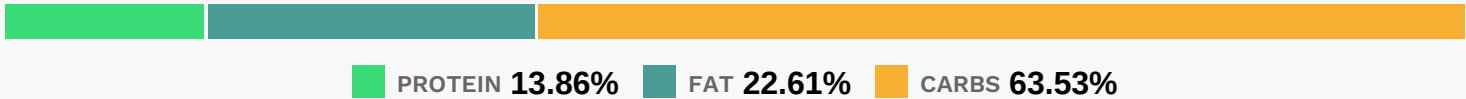
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ grill

Directions

- ☐ Cook the couscous or bulgur wheat in vegetable stock according to pack instructions. Trim the ends off the courgettes, then cut into slices.
- ☐ Heat a griddle pan or grill.
- ☐ Drizzle the courgette slices with oil, then season. Cook for 2 mins, then turn over and cook 1-2 mins more until softened and golden brown. Tip into a large bowl along with the cooked couscous or bulgur wheat, then mix through the remaining ingredients.
- ☐ Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:41.5, Glycemic Load:22.27, Inflammation Score:-9, Nutrition Score:25.943043644014%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg, Myricetin: 0.74mg Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg, Quercetin: 0.69mg

Nutrients (% of daily need)

Calories: 385.55kcal (19.28%), Fat: 10.24g (15.76%), Saturated Fat: 4.07g (25.46%), Carbohydrates: 64.76g (21.59%), Net Carbohydrates: 49.87g (18.13%), Sugar: 4.99g (5.54%), Cholesterol: 22.25mg (7.42%), Sodium: 1248.54mg (54.28%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 14.13g (28.26%), Manganese: 2.48mg (123.77%), Vitamin K: 90.2µg (85.9%), Fiber: 14.89g (59.57%), Magnesium: 148.34mg (37.08%), Phosphorus: 349.99mg (35%), Vitamin C: 27.09mg (32.84%), Vitamin B6: 0.53mg (26.51%), Vitamin A: 1230.45IU (24.61%), Vitamin B2: 0.4mg (23.26%), Vitamin B3: 4.6mg (22.99%), Potassium: 614.24mg (17.55%), Vitamin B1: 0.26mg (17.51%), Calcium: 172.57mg (17.26%), Zinc: 2.54mg (16.92%), Copper: 0.32mg (15.99%), Folate: 60.87µg (15.22%), Iron: 2.71mg (15.03%), Vitamin B5: 1.26mg (12.55%), Selenium: 5.68µg (8.12%), Vitamin B12: 0.42µg (7.04%), Vitamin

E: 0.76mg (5.07%)