



Toasted Israeli Couscous with Vegetables and Lemon-Balsamic Vinaigrette

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



90 min.

SERVINGS



4

CALORIES



376 kcal

Ingredients

- ☐ 3 tablespoons aged balsamic vinegar
- ☐ 12 spears asparagus cut into 1/4-inch pieces
- ☐ 4 servings pepper black freshly ground
- ☐ 2 tablespoons basil leaves fresh chopped
- ☐ 0.5 pound israeli couscous
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon zest

- ☐ 0.8 cup olive oil extra-virgin
- ☐ 2 large pasilla peppers diced red peeled
- ☐ 1 tablespoon red wine vinegar
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper black freshly ground
- ☐ 1 small shallots minced
- ☐ 1 baby squash yellow halved cut into 1-inch pieces
- ☐ 1 zucchini halved cut into 1-inch pieces

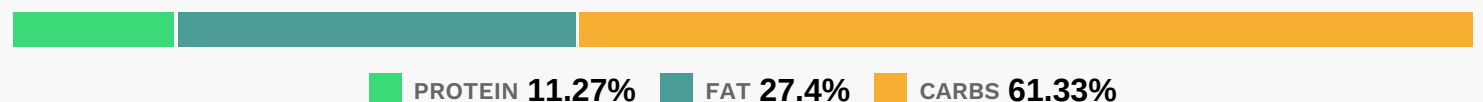
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ grill

Directions

- ☐ Heat large saute pan on grates of the grill over medium heat.
- ☐ Add couscous and toast until lightly golden brown.
- ☐ Bring 6 cups of water to a boil over high heat, add 1 tablespoon salt and toasted couscous and cook until al dente.
- ☐ Drain well and place in a large bowl.
- ☐ Add grilled vegetables, olives, basil, and vinaigrette and toss until combined; season with salt and pepper.
- ☐ Let sit at room temperature for 30 minutes before serving or cover and refrigerate.
- ☐ Whisk shallot, juice, zest, vinegars, and salt and pepper together in a small bowl. Slowly whisk in oil until emulsified.

Nutrition Facts



Properties

Glycemic Index:97.5, Glycemic Load:29.82, Inflammation Score:-10, Nutrition Score:22.803912919501%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg, Luteolin: 0.64mg Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg, Isorhamnetin: 2.74mg Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg, Kaempferol: 0.68mg Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg, Quercetin: 7.26mg

Nutrients (% of daily need)

Calories: 375.57kcal (18.78%), Fat: 11.64g (17.91%), Saturated Fat: 1.67g (10.41%), Carbohydrates: 58.64g (19.55%), Net Carbohydrates: 51.13g (18.59%), Sugar: 9.34g (10.37%), Cholesterol: 0mg (0%), Sodium: 476.04mg (20.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.78g (21.56%), Vitamin C: 130.45mg (158.12%), Vitamin A: 3247.64IU (64.95%), Manganese: 0.86mg (42.85%), Vitamin K: 37.2µg (35.43%), Fiber: 7.5g (30.02%), Vitamin B6: 0.57mg (28.32%), Folate: 105.65µg (26.41%), Vitamin E: 3.8mg (25.3%), Potassium: 681.35mg (19.47%), Vitamin B3: 3.79mg (18.93%), Phosphorus: 188.75mg (18.87%), Vitamin B2: 0.3mg (17.82%), Vitamin B1: 0.26mg (17.45%), Copper: 0.33mg (16.69%), Magnesium: 65.15mg (16.29%), Iron: 2.72mg (15.09%), Vitamin B5: 1.32mg (13.15%), Zinc: 1.29mg (8.63%), Calcium: 64.81mg (6.48%), Selenium: 1.64µg (2.34%)