



# Tomato Couscous Salad

☒ Vegetarian ☒ Vegan ☒ Gluten Free ☒ Dairy Free

READY IN

ready

25 min.

SERVINGS

servings

6

CALORIES

calories

37 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 0.5 pound asparagus spears cut into 1-inch pieces thin
- ☐ 1 cup cherry tomatoes halved
- ☐ 0.3 cup basil leaves fresh finely chopped
- ☐ 3 tablespoons salad dressing italian divided
- ☐ 2 scallions sliced
- ☐ 1 cup tomato couscous
- ☐ 1.3 cups vegetable broth

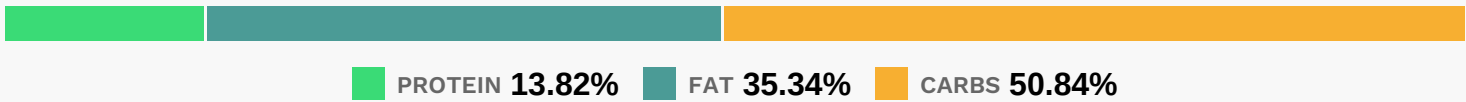
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ pot

## Directions

- ☐ Preheat oven to 400 degrees F. Lightly spray baking sheet with olive oil cooking spray; set aside.
- ☐ In a small pot, bring the broth to a boil. Stir in couscous.
- ☐ Remove from heat and cover.
- ☐ Let stand 5 minutes. Fluff with fork; set aside.
- ☐ Place asparagus and scallions on prepared baking sheet. Toss with 1 tablespoon salad dressing. Roast in preheated oven for 10 to 12 minutes.
- ☐ In a large bowl, combine cooked couscous, roasted vegetables, cherry tomatoes, basil, and remaining salad dressing. Toss to combine.
- ☐ Serve warm or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:36.17, Glycemic Load:0.82, Inflammation Score:-6, Nutrition Score:6.0100000941235%

## Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg, Kaempferol: 0.6mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg, Quercetin: 6.03mg

## Nutrients (% of daily need)

Calories: 37.26kcal (1.86%), Fat: 1.61g (2.48%), Saturated Fat: 0.23g (1.46%), Carbohydrates: 5.22g (1.74%), Net Carbohydrates: 3.84g (1.4%), Sugar: 3.25g (3.61%), Cholesterol: 0mg (0%), Sodium: 270.75mg (11.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.42g (2.84%), Vitamin K: 34.73µg (33.08%), Vitamin A: 813.49IU (16.27%), Vitamin C: 12.14mg (14.72%), Folate: 29.85µg (7.46%), Manganese: 0.13mg (6.71%), Iron: 1.15mg (6.41%), Potassium:

209.22mg (5.98%), Vitamin E: 0.88mg (5.89%), Copper: 0.11mg (5.66%), Fiber: 1.39g (5.54%), Vitamin B1: 0.08mg (5.07%), Vitamin B6: 0.08mg (4.12%), Vitamin B2: 0.07mg (3.97%), Phosphorus: 35.66mg (3.57%), Vitamin B3: 0.69mg (3.44%), Magnesium: 12.05mg (3.01%), Zinc: 0.31mg (2.06%), Calcium: 19.85mg (1.98%), Selenium: 1.16µg (1.66%), Vitamin B5: 0.16mg (1.63%)