



Tomato-Feta Couscous Pilaf

READY IN



20 min.

SERVINGS



4

CALORIES



253 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup feta cheese crumbled
- 1 cup couscous uncooked
- 1 tablespoon basil fresh chopped
- 1 tablespoon flat-leaf parsley fresh chopped
- 1 teaspoon thyme leaves fresh chopped
- 0.8 cup grape tomatoes quartered
- 1 tablespoon juice of lemon
- 1 cup lower-sodium chicken broth fat-free
- 1 tablespoon olive oil

- 0.1 teaspoon salt
- 0.3 cup shallots finely chopped

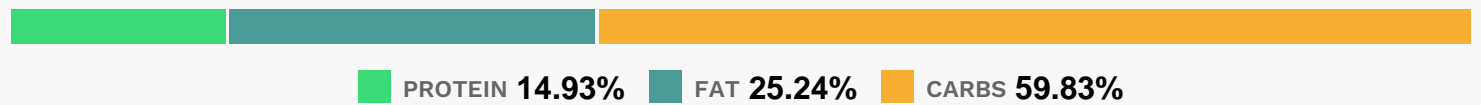
Equipment

- frying pan
- sauce pan

Directions

- Heat a small saucepan over medium-high heat.
- Add oil to pan, swirling to coat.
- Add shallots; saut 2 minutes or until tender. Stir in couscous; saut 1 minute.
- Add broth and salt; bring to a boil. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork. Stir in tomatoes, feta, and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:76.75, Glycemic Load:21.35, Inflammation Score:-7, Nutrition Score:7.9556522162064%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg, Apigenin: 2.17mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg, Quercetin: 0.18mg

Nutrients (% of daily need)

Calories: 253.21kcal (12.66%), Fat: 7.08g (10.89%), Saturated Fat: 2.36g (14.73%), Carbohydrates: 37.75g (12.58%), Net Carbohydrates: 34.65g (12.6%), Sugar: 2.03g (2.26%), Cholesterol: 9.42mg (3.14%), Sodium: 252.48mg (10.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.42g (18.83%), Vitamin K: 23.13µg (22.03%), Manganese: 0.43mg (21.49%), Phosphorus: 133.92mg (13.39%), Fiber: 3.09g (12.37%), Vitamin C: 8.68mg (10.52%), Potassium: 328.62mg (9.39%), Vitamin A: 462.26IU (9.25%), Calcium: 89.82mg (8.98%), Vitamin B3: 1.74mg (8.7%), Magnesium: 29.6mg (7.4%), Copper: 0.15mg (7.31%), Vitamin B6: 0.13mg (6.63%), Vitamin B5: 0.66mg (6.56%),

Vitamin B1: 0.09mg (6.31%), Folate: 22.68µg (5.67%), Zinc: 0.84mg (5.58%), Vitamin B2: 0.09mg (5.17%), Iron: 0.92mg (5.13%), Vitamin E: 0.75mg (4.99%), Selenium: 2.85µg (4.07%), Vitamin B12: 0.1µg (1.66%)