



## Tracie's Couscous Salad

 Vegetarian

READY IN



15 min.

SERVINGS



6

CALORIES



208 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 1 can chickpeas
- 1 box couscous cooked flavored (garlic or Parmesan)
- 1 cucumber english peeled seeded finely chopped
- 0.5 cup feta cheese crumbled
- 0.3 cup parsley leaves fresh chopped
- 2 juice of lime juiced
- 0.3 cup olive oil
- 1 bell pepper red finely chopped

- 6 servings salt and pepper black freshly ground
- 1 tomatoes chopped
- 0.5 vidalia onion chopped

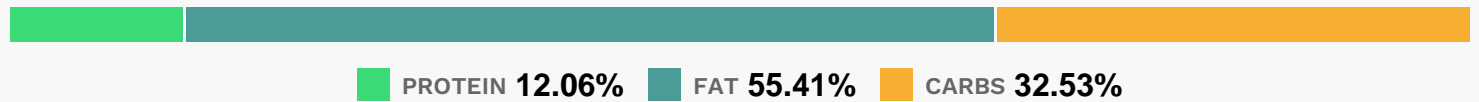
## Equipment

- bowl

## Directions

- In a large bowl, toss all the ingredients with the olive oil and lime juice, to taste.

## Nutrition Facts



## Properties

Glycemic Index:44.39, Glycemic Load:3.42, Inflammation Score:-8, Nutrition Score:14.521739279446%

## Flavonoids

Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Kaempferol: 0.44mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Myricetin: 0.71mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg, Quercetin: 4.25mg

## Nutrients (% of daily need)

Calories: 208.14kcal (10.41%), Fat: 13.37g (20.57%), Saturated Fat: 3.1g (19.38%), Carbohydrates: 17.66g (5.89%), Net Carbohydrates: 13.03g (4.74%), Sugar: 3.78g (4.2%), Cholesterol: 11.13mg (3.71%), Sodium: 359.22mg (15.62%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.55g (13.09%), Vitamin K: 57.74µg (54.99%), Vitamin C: 37.32mg (45.24%), Manganese: 0.75mg (37.29%), Vitamin B6: 0.55mg (27.33%), Vitamin A: 1124.74IU (22.49%), Fiber: 4.63g (18.53%), Phosphorus: 135.09mg (13.51%), Folate: 49.76µg (12.44%), Vitamin E: 1.81mg (12.03%), Calcium: 110.4mg (11.04%), Potassium: 340.29mg (9.72%), Magnesium: 38.61mg (9.65%), Vitamin B2: 0.16mg (9.63%), Copper: 0.18mg (8.94%), Iron: 1.59mg (8.82%), Zinc: 1.14mg (7.58%), Vitamin B5: 0.61mg (6.09%), Vitamin B1: 0.09mg (6.09%), Selenium: 3.76µg (5.37%), Vitamin B12: 0.21µg (3.52%), Vitamin B3: 0.67mg (3.37%)