



Tricolore couscous salad



Vegetarian



Popular

READY IN



15 min.

SERVINGS



4

CALORIES



583 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g couscous
- ☐ 2 tsp vegetable stock (or use a cube)
- ☐ 250 g pack cherry tomato halved
- ☐ 2 avocados peeled chopped
- ☐ 150 g pack mozzarella drained chopped
- ☐ 1 handful young spinach leaves
- ☐ 1 tbsp pesto
- ☐ 1 tbsp juice of lemon

☐ 3 tbsp olive oil

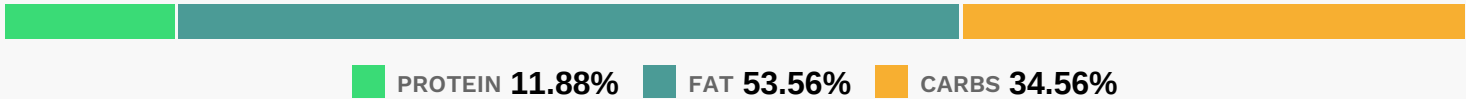
Equipment

☐ bowl

Directions

- ☐ Mix the couscous and stock in a bowl, pour over 300ml boiling water, then cover with a plate and leave for 5 mins.
- ☐ For the dressing, mix the pesto with the lemon juice and some seasoning, then gradually mix in the oil.
- ☐ Pour over the couscous and mix with a fork.
- ☐ Mix the tomatoes, avocado and mozzarella into the couscous, then lightly stir in the rocket or spinach to serve.

Nutrition Facts



Properties

Glycemic Index:52.25, Glycemic Load:24.55, Inflammation Score:-8, Nutrition Score:22.246086991352%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg 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: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg, Quercetin: 0.75mg

Nutrients (% of daily need)

Calories: 582.56kcal (29.13%), Fat: 35.47g (54.57%), Saturated Fat: 8.84g (55.22%), Carbohydrates: 51.48g (17.16%), Net Carbohydrates: 41.57g (15.12%), Sugar: 2.87g (3.19%), Cholesterol: 29.92mg (9.98%), Sodium: 305.27mg (13.27%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.71g (35.41%), Vitamin K: 66.26µg (63.11%), Fiber:

9.91g (39.63%), Manganese: 0.68mg (33.87%), Vitamin C: 27.86mg (33.77%), Vitamin A: 1490.28IU (29.81%), Folate: 117.46µg (29.36%), Phosphorus: 291.48mg (29.15%), Vitamin E: 4.17mg (27.81%), Calcium: 234.1mg (23.41%), Potassium: 780.99mg (22.31%), Vitamin B5: 2.16mg (21.61%), Vitamin B6: 0.39mg (19.64%), Vitamin B3: 3.92mg (19.61%), Copper: 0.38mg (18.79%), Vitamin B2: 0.3mg (17.9%), Magnesium: 70.42mg (17.61%), Zinc: 2.28mg (15.22%), Vitamin B12: 0.86µg (14.25%), Vitamin B1: 0.19mg (12.62%), Iron: 1.97mg (10.94%), Selenium: 7.17µg (10.24%)