



Tuscan Couscous with Lemon Basil Dressing



Vegetarian



Vegan



Dairy Free

READY IN



20 min.

SERVINGS



12

CALORIES



110 kcal

SIDE DISH

Ingredients

- ☐ 1 cup water
- ☐ 0.3 teaspoon salt
- ☐ 0.8 cup couscous uncooked
- ☐ 0.3 teaspoon lemon zest finely grated
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons vegetable oil
- ☐ 1 tablespoon basil dried fresh chopped
- ☐ 0.3 teaspoon salt

- ☐ 1 garlic clove finely chopped
- ☐ 4 drops hot sauce red
- ☐ 15 oz cannellini beans rinsed drained canned
- ☐ 0.5 cup cucumber unpeeled chopped
- ☐ 0.3 cup kalamata olives pitted halved
- ☐ 0.3 cup spring onion sliced
- ☐ 1 cup grape tomatoes cut in half

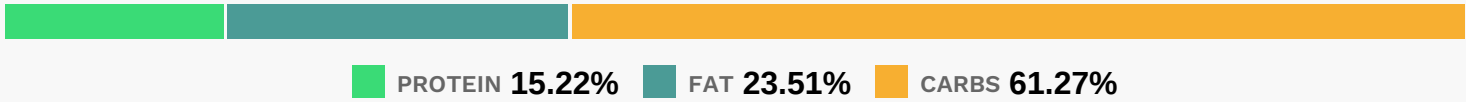
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In 1 quart saucepan, heat water and 1/4 teaspoon salt to boiling.
- ☐ Remove from heat; immediately stir in couscous. Cover; let stand 5 minutes. Fluff couscous with fork.
- ☐ Meanwhile, in small nonmetal bowl, combine all dressing ingredients; mix well.
- ☐ In large bowl, gently toss cooked couscous, beans, cucumber, olives and green onions.
- ☐ Pour dressing over couscous mixture; gently toss until coated.
- ☐ Just before serving, add tomatoes; toss gently.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:17.58, Glycemic Load:7.09, Inflammation Score:-3, Nutrition Score:5.2486955730811%

Flavonoids

Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg, Eriodictyol: 0.12mg Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg, Hesperetin: 0.36mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg, Quercetin: 0.31mg

Nutrients (% of daily need)

Calories: 110.49kcal (5.52%), Fat: 2.93g (4.51%), Saturated Fat: 0.46g (2.85%), Carbohydrates: 17.18g (5.73%), Net Carbohydrates: 14.46g (5.26%), Sugar: 0.65g (0.72%), Cholesterol: 0mg (0%), Sodium: 154.81mg (6.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.26g (8.53%), Manganese: 0.33mg (16.3%), Vitamin K: 16.66µg (15.86%), Fiber: 2.72g (10.88%), Iron: 1.58mg (8.75%), Folate: 30.82µg (7.7%), Magnesium: 28.39mg (7.1%), Copper: 0.14mg (6.84%), Potassium: 235.64mg (6.73%), Phosphorus: 57.19mg (5.72%), Vitamin E: 0.69mg (4.62%), Vitamin C: 3.62mg (4.39%), Calcium: 42.25mg (4.22%), Vitamin B1: 0.06mg (4.08%), Zinc: 0.56mg (3.71%), Vitamin B6: 0.06mg (3.13%), Vitamin A: 142.46IU (2.85%), Vitamin B3: 0.53mg (2.66%), Vitamin B5: 0.23mg (2.35%), Vitamin B2: 0.03mg (1.89%)