



Vegetable Couscous Salad

 Vegetarian

READY IN



45 min.

SERVINGS



8

CALORIES



153 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinegar
- 1 cup couscous uncooked
- 2 ounces feta cheese crumbled
- 0.3 cup parsley fresh chopped
- 0.5 cup green onions finely chopped
- 0.3 cup kalamata olives pitted chopped
- 1 tablespoon olive oil
- 0.6 ounce dressing mix italian good (such as Seasons)

- 2 cups bell pepper red chopped
- 2 cups tomatoes chopped
- 0.3 cup water
- 1.5 cups water

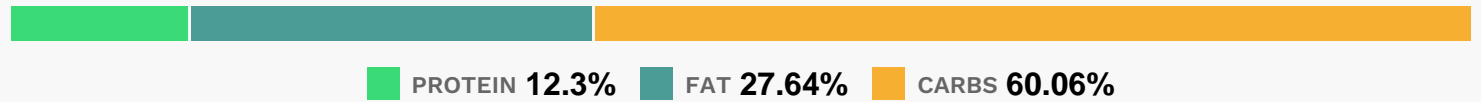
Equipment

- bowl
- sauce pan

Directions

- Combine the first 4 ingredients in a jar. Cover tightly, and shake vigorously.
- Bring 1 1/2 cups water to a boil in a medium saucepan; gradually stir in couscous.
- Remove from heat. Cover and let stand 5 minutes. Fluff with a fork.
- Combine couscous, bell pepper, and remaining ingredients in a large bowl.
- Add the dressing mixture. Toss couscous mixture gently to coat.

Nutrition Facts



Properties

Glycemic Index:34.5, Glycemic Load:11.9, Inflammation Score:-8, Nutrition Score:11.960869651774%

Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg, Apigenin: 4.04mg Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg, Luteolin: 0.27mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.33mg, Myricetin: 0.33mg, Myricetin: 0.33mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 152.86kcal (7.64%), Fat: 4.72g (7.26%), Saturated Fat: 1.39g (8.72%), Carbohydrates: 23.07g (7.69%), Net Carbohydrates: 20.39g (7.42%), Sugar: 4.15g (4.61%), Cholesterol: 6.31mg (2.1%), Sodium: 179.87mg (7.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 4.72g (9.45%), Vitamin C: 56.46mg (68.44%), Vitamin K:

50.89µg (48.46%), Vitamin A: 1744.11IU (34.88%), Manganese: 0.28mg (13.95%), Fiber: 2.67g (10.7%), Vitamin B6: 0.2mg (10.01%), Folate: 36.29µg (9.07%), Vitamin E: 1.31mg (8.73%), Phosphorus: 84.67mg (8.47%), Vitamin B3: 1.48mg (7.41%), Vitamin B2: 0.12mg (7.21%), Potassium: 247.31mg (7.07%), Calcium: 59.82mg (5.98%), Magnesium: 23.69mg (5.92%), Vitamin B1: 0.09mg (5.76%), Copper: 0.11mg (5.41%), Vitamin B5: 0.5mg (5.02%), Iron: 0.84mg (4.68%), Zinc: 0.6mg (4%), Vitamin B12: 0.12µg (2%), Selenium: 1.22µg (1.74%)