

COUCOUS SALAD

15 hours
2 portions

INGREDIENTS

- 1 cups of couscous, dry [346 g]
- 400 grams of water
- 1/2 cup, packed of raisins, dark, seedless [83 g]
- 1/2 cup slices of cucumber, with peel, raw [52 g]
- 100 grams of peppers, red, sweet, raw
- 100 grams of peppers, green, sweet, raw
- 100 grams of pepper, sweet, yellow, raw
- 100 grams of corn, sweet, white, frozen, kernels off cob, unprepared
- 100 grams of nuts, walnuts, black, dried
- 1/4 level teaspoon of salt [1 g]
- 100 grams of olives, green, in brine, weighed with stones
- 25 grams of parsley, fresh

COOKING METHOD

- 1° Place couscous in a glass container, pour boiled water over it and let rest for 10 minutes. Chop other ingredients to 1 cm size Add other ingredients to couscous and mix well.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (766 g)	% DRI
ENERGY	164 kcal	1259 kcal	63 %
FAT	5 g	39 g	60 %
FATTY ACIDS, TOTAL SATURATED	0 g	3 g	16 %
CHOLESTEROL	0 mg	0 mg	0 %
SODIUM	116 mg	886 mg	37 %
CARBOHYDRATE	25 g	195 g	65 %
SUGARS	5 g	35 g	—
FIBER	2 g	19 g	75 %
PROTEIN	5 g	40 g	—