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Balsamic Tomato Couscous ♦

A delicious vegetarian couscous dish with balsamic tomatoes.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 20 mins

Total Time: 35 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

| | |
|-------|------------------|
| 250 g | Couscous |
| 400 g | Tomatoes |
| 30 ml | balsamic vinegar |
| 30 ml | olive oil |
| 50 g | red onion |
| 20 g | Fresh Basil |
| 5 g | Salt |

2 g

Black pepper

Directions

Step 1

Boiling

Cook the couscous according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Sautéing

In a separate pan, heat the olive oil and sauté the red onion until soft.

Prep Time: 2 mins

Cook Time: 5 mins

Step 3

Cooking

Add the tomatoes and cook until they start to soften.

Prep Time: 2 mins

Cook Time: 5 mins

Step 4

Cooking

Add the balsamic vinegar, salt, and black pepper. Cook for another 2 minutes.

Prep Time: 1 mins

Cook Time: 2 mins

Step 5

Mixing

Combine the cooked couscous with the tomato mixture and stir well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 6

Serving

Garnish with fresh basil leaves and serve.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 7 g

Protein: 5 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Protein | 5 g | 29.41% | 29.41% |

Carbohydrates

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|---------------|-------|------------------------|--------------------------|
| Carbohydrates | 30 g | 54.55% | 60% |
| Fibers | 5 g | 13.16% | 20% |
| Sugars | 8 g | N/A | N/A |
| Lactose | 0 g | N/A | N/A |

Fats

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
|----------|-------|------------------------|--------------------------|

| | | | |
|---------------------|------|-------|-------|
| Monounsaturated Fat | 5 g | N/A | N/A |
| Saturated Fat | 1 g | 4.55% | 5.88% |
| Fat | 7 g | 25% | 28% |
| Cholesterol | 0 mg | N/A | N/A |

Vitamins

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-------------|-------|------------------------|--------------------------|
| Vitamin A | 10 iu | 1.11% | 1.43% |
| Vitamin C | 20 mg | 22.22% | 26.67% |
| Vitamin B6 | 2 mg | 153.85% | 153.85% |
| Vitamin B12 | 0 mcg | 0% | 0% |
| Vitamin E | 4 mg | 26.67% | 26.67% |
| Vitamin D | 0 mcg | 0% | 0% |

Minerals

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|-----------|--------|------------------------|--------------------------|
| Sodium | 300 mg | 13.04% | 13.04% |
| Calcium | 4 mg | 0.4% | 0.4% |
| Iron | 10 mg | 125% | 55.56% |
| Potassium | 10 mg | 0.29% | 0.38% |
| Zinc | 4 mg | 36.36% | 50% |

| Nutrient | Value | % Daily Intake (Males) | % Daily Intake (Females) |
|----------|-------|------------------------|--------------------------|
| Selenium | 2 mcg | 3.64% | 3.64% |

Recipe Attributes

Seasonality

Summer Fall

Cuisines

Italian Thai Mediterranean German Vietnamese American

Meal Type

Brunch Lunch Snack Dinner

Nutritional Content

Low Fat High Fiber Low Sodium Sugar-Free High Iron

Kitchen Tools

Blender Slow Cooker

Course

Breads Salads Soups

Difficulty Level

Medium

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