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Lemon Cous-Cous Salad ^{♦♦}

A refreshing and light salad made with lemon-flavored cous-cous, mixed vegetables, and a tangy dressing.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 300 grams

Number of Servings: 4

Serving Size: 75 g

Ingredients

200 g	cous-cous
1 unit	Lemon
150 g	cucumber
200 g	Cherry Tomatoes
50 g	red onion
20 g	fresh parsley

2 tbsp	olive oil
2 tbsp	lemon juice
1 tsp	salt
0.5 tsp	black pepper

Directions

Step 1

Boiling

Cook the cous-cous according to the package instructions.

Prep Time: 10 mins

Cook Time: 10 mins

Step 2

Cutting

Chop the cucumber, cherry tomatoes, red onion, and fresh parsley.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine the cooked cous-cous, chopped vegetables, olive oil, lemon juice, salt, and black pepper. Mix well.

Prep Time: 0 mins

Cook Time: 0 mins

Step 4

Refrigerating

Refrigerate the salad for at least 1 hour to allow the flavors to meld.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Serving

Serve chilled and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 150 kcal

Fat: 4 g

Protein: 4 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	4 g	23.53%	23.53%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%
Fibers	3 g	7.89%	12%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	3 g	N/A	N/A

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Saturated Fat	1 g	4.55%	5.88%
Fat	4 g	14.29%	16%
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	30 mg	33.33%	40%
Vitamin B6	0 mg	0%	0%
Vitamin B12	0 mcg	0%	0%
Vitamin E	1 mg	6.67%	6.67%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	300 mg	13.04%	13.04%
Calcium	2 mg	0.2%	0.2%
Iron	6 mg	75%	33.33%
Potassium	200 mg	5.88%	7.69%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Zinc	1 mg	9.09%	12.5%
Selenium	1 mcg	1.82%	1.82%

Recipe Attributes

Seasonality

Summer Fall

Events

Game Day

Course

Salads Sauces & Dressings

Cuisines

Mediterranean

Nutritional Content

Low Calorie Low Fat Low Sodium Sugar-Free High Vitamin C High Iron

High Calcium

Kitchen Tools

Blender

Cultural

Chinese New Year

Cost

\$10 to \$20

Demographics

Allergy Friendly

Heart Healthy

Diet

Vegetarian Diet

Vegan Diet

Meal Type

Lunch

Snack

Supper

Difficulty Level

Medium

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