



Healthdor

[All Recipes](#)

[AI Recipe Builder](#)

[Similar Recipes](#)

Pearl Couscous Salad with Lemon, Asparagus, and Tomato ♦

A refreshing and nutritious salad made with pearl couscous, lemon, asparagus, and tomato. Perfect for a light lunch or dinner.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 10 mins

Total Time: 25 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

200 g	pearl couscous
150 g	asparagus
200 g	Tomato
50 g	Lemon
30 ml	olive oil

5 g	salt
2 g	black pepper

Directions

Step 1

Boiling

Cook the pearl couscous according to package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Blanching

Trim the asparagus and cut into bite-sized pieces. Blanch in boiling water for 2 minutes, then transfer to an ice bath to stop the cooking process. Drain and set aside.

Prep Time: 5 mins

Cook Time: 2 mins

Step 3

Mixing

Dice the tomato and lemon. In a large bowl, combine the cooked pearl couscous, blanched asparagus, diced tomato, and lemon juice. Drizzle with olive oil and season with salt and black pepper. Toss to combine.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 200 kcal

Fat: 8 g

Protein: 6 g

Carbohydrates: 25 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	6 g	35.29%	35.29%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	25 g	45.45%	50%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Fibers	5 g	13.16%	20%
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	5 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	8 g	28.57%	32%
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	2 mg	13.33%	13.33%
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	8 mg	100%	44.44%
Potassium	250 mg	7.35%	9.62%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Thanksgiving Game Day

Cuisines

Thai

Course

Salads Snacks

Cultural

Chinese New Year Oktoberfest

Diet

Volumetrics Diet

Vegetarian Diet

Vegan Diet

Pescatarian Diet

Anti-Inflammatory Diet

Low Sodium Diet

The Fast Metabolism Diet

Nutrient Timing Diet

The Gerson Therapy

The Cabbage Soup Diet

The Mayo Clinic Diet

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

Visit our website: healthdor.com