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Maple Vinaigrette Couscous Salad ♦

A refreshing and flavorful couscous salad with a maple vinaigrette dressing. This salad is perfect for vegetarian diets and can be enjoyed as a main dish or a side.

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

250 g	Couscous
200 g	Cherry Tomatoes
150 g	cucumber
100 g	red onion
100 g	feta cheese
2 tbsp	maple syrup

2 tbsp	olive oil
1 tbsp	lemon juice
1 tsp	dijon mustard
1 tsp	salt
0.5 tsp	black pepper
10 g	Fresh Basil

Directions

Step 1

Boiling

Cook the couscous according to the package instructions. Fluff with a fork and let it cool.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Mixing

In a small bowl, whisk together maple syrup, olive oil, lemon juice, Dijon mustard, salt, and black pepper to make the vinaigrette dressing.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Mixing

In a large bowl, combine cooked couscous, cherry tomatoes, cucumber, red onion, and crumbled feta cheese.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

Pour the maple vinaigrette dressing over the couscous mixture and toss to coat evenly.

Prep Time: 0 mins

Cook Time: 0 mins

Step 5

Garnishing

Garnish with fresh basil leaves before serving.

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	3 g	7.89%	12%
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	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	15 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	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	400 mg	17.39%	17.39%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	300 mg	8.82%	11.54%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Spring Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic

Meal Type

Lunch Dinner Snack

Difficulty Level

Medium

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