



Healthdor

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Couscous Salad with Shrimp and Mint

A refreshing and flavorful salad made with couscous, succulent shrimp, and fresh mint. Perfect for a light lunch or dinner.

Recipe Type: Standard

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	Couscous
300 g	Shrimp
20 g	Mint
2 tbsp	lemon juice
2 tbsp	olive oil

1 tsp	salt
0.5 tsp	black pepper
200 g	Cherry Tomatoes
150 g	cucumber
50 g	red onion

Directions

Step 1

Boiling

Cook the couscous according to package instructions.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Frying

In a separate pan, cook the shrimp until pink and cooked through.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Mixing

In a large bowl, combine the cooked couscous, cooked shrimp, chopped mint, cherry tomatoes, cucumber, and red onion.

Prep Time: 5 mins

Cook Time: 0 mins

Step 4

Mixing

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

Prep Time: 2 mins

Cook Time: 0 mins

Step 5

Mixing

Pour the dressing over the salad and toss to combine.

Prep Time: 1 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 8 g

Protein: 15 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	4 g	10.53%	16%
Sugars	3 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
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Monounsaturated Fat	4 g	N/A	N/A
Saturated Fat	1 g	4.55%	5.88%
Fat	8 g	28.57%	32%
Cholesterol	100 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	500 mg	21.74%	21.74%
Calcium	4 mg	0.4%	0.4%
Iron	10 mg	125%	55.56%
Potassium	400 mg	11.76%	15.38%
Zinc	1 mg	9.09%	12.5%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Selenium	25 mcg	45.45%	45.45%

Recipe Attributes

Seasonality

Summer Fall

Events

Easter Thanksgiving Birthday Wedding Halloween Valentine's Day
Mother's Day Father's Day Anniversary Barbecue Picnic Game Day

Cuisines

Italian Mediterranean Spanish American

Course

Appetizers Salads

Meal Type

Lunch Dinner Snack

Difficulty Level

Easy

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