

Recipe Analyzer Results

A single serving of this recipe has 278 calories.

Read through [the nutrition label](#) for a snapshot of this recipe's nutritional profile. If the label lists less than 5 percent daily value for a nutrient it is considered low, while 20 percent or more is high. In general, you want to limit saturated fat, cholesterol, and sodium, and get enough fiber, vitamins, and minerals.

Nutrition Facts

Servings: 4

Amount per serving

Calories 278

% Daily Value*

Total Fat 8.9g	11%
Saturated Fat 4.1g	20%
Cholesterol 151mg	50%
Sodium 620mg	27%
Total Carbohydrate 33g	12%
Dietary Fiber 4.9g	18%
Total Sugars 4.4g	
Protein 14.5g	
Vitamin D 0mcg	0%
Calcium 139mg	11%
Iron 3mg	14%

Ingredients:

- 125 ml (1/2 cup) whole grain couscous
- 1 clove garlic, minced
- 2 ml (1/2 tsp) dried thyme or Italian herb seasoning
- 175 ml (3/4 cup) sodium reduced vegetable or chicken broth
- 60 ml (1/4 cup) each grated carrot and zucchini or diced bell pepper
- 3 hard cooked eggs, peeled
- 75 ml (1/3 cup) 0% fat plain Greek yogurt
- 125 ml (1/2 cup) quartered grape tomatoes or chopped tomatoes
- 60 ml (1/4 cup) crumbled light feta cheese
- 45 ml (3 tbsp) chopped fresh basil or parsley
- 1 ml (1/4 tsp) fresh ground pepper
- 4 small whole grain flour tortillas

Potassium 185mg

4%

Nutrition Facts

Servings: 4

**The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.*

Recipe analyzed by **verywell**