

COUSCOUS SALAD



Low protein diet



Sabah



First course

INGREDIENTS

Recipe for 4

- 200g of protein free couscous
- 200g red sweet pepper
- 100g green sweet pepper
- 100g yellow sweet pepper
- 150g chopped onion
- 200g chopped mushrooms
- Some grains of corn
- Vinegar
- Salt



METHOD

- Boil the couscous in water with salt and oil or butter.
- Drain it well and leave it to cool.
- In a frying pan with olive oil, fry the chopped vegetables with a little salt.
- Leave it to cool and add the couscous, the corn and the vinegar. Mix carefully.

Nutritional Values (per serving)

- Protein (brut) (g): 1.2 (Kcal%): 2
- Lipids total (g): 11 (Kcal%): 31
- Carbohydrates (g) 55 (Kcal%): 70
- Energy (Kcal): 316
- Polyunsaturates (g): 1.24
- Tryptophan (mg): 18
- Leucine (mg): 93
- Lysine (mg): 72
- Methionine (mg): 56
- Tyrosine (mg): 157



Translation

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