



California Couscous Salad

 Vegetarian  Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



383 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup almonds toasted sliced chopped
- 14 oz chicken broth
- 12 oz couscous
- 0.5 cup cilantro leaves fresh finely chopped
- 0.3 cup juice of lemon
- 0.3 cup olive oil
- 1 medium bell pepper red finely chopped
- 1 small onion red finely chopped

6 servings salt and pepper

Equipment

bowl

whisk

pot

Directions

In a small pot over high heat, bring chicken broth and 1/4 cup water to a boil.

Add couscous, cover, and remove from heat.

Let sit 5 minutes. Fluff with a fork.

In a large bowl, whisk together olive oil and lemon juice.

Pour over couscous and toss to coat.

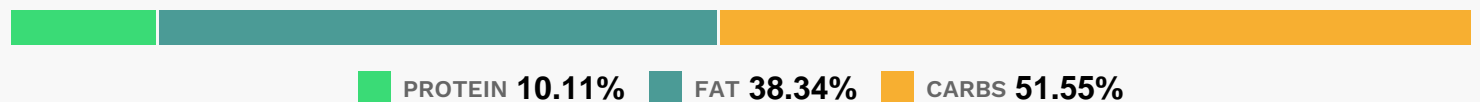
Add salt and pepper to taste.

Stir in red pepper, red onion, almonds, and chopped cilantro.

Garnish with cilantro sprigs and lemon slices if you like.

Serve at room temperature.

Nutrition Facts



Properties

Glycemic Index:27.67, Glycemic Load:27.39, Inflammation Score:-7, Nutrition Score:11.73217394948%

Flavonoids

Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg, Cyanidin: 0.19mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg

1.12mg, Isorhamnetin: 1.12mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg
Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.55mg, Quercetin: 4.55mg,
Quercetin: 4.55mg, Quercetin: 4.55mg

Nutrients (% of daily need)

Calories: 383.41kcal (19.17%), Fat: 16.44g (25.3%), Saturated Fat: 2.05g (12.8%), Carbohydrates: 49.74g (16.58%),
Net Carbohydrates: 45.14g (16.42%), Sugar: 2.58g (2.87%), Cholesterol: 1.32mg (0.44%), Sodium: 447.46mg
(19.45%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.76g (19.51%), Vitamin C: 32.35mg (39.21%),
Manganese: 0.7mg (35.08%), Vitamin E: 4.09mg (27.25%), Fiber: 4.6g (18.4%), Phosphorus: 148.11mg (14.81%),
Vitamin A: 713.53IU (14.27%), Vitamin B3: 2.64mg (13.22%), Magnesium: 51.69mg (12.92%), Copper: 0.24mg
(12.24%), Vitamin K: 12.4µg (11.81%), Vitamin B2: 0.2mg (11.57%), Vitamin B1: 0.15mg (9.69%), Vitamin B5: 0.86mg
(8.57%), Vitamin B6: 0.16mg (8.04%), Folate: 30.86µg (7.71%), Potassium: 251.91mg (7.2%), Iron: 1.17mg (6.5%), Zinc:
0.85mg (5.67%), Calcium: 44.43mg (4.44%), Selenium: 0.72µg (1.02%)