



Chicken and Couscous Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



321 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 6 ounces meat from a rotisserie chicken cubed cooked
- ☐ 5.7 ounce couscous uncooked
- ☐ 0.5 cup cucumber peeled seeded chopped
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 1.3 cups less-sodium chicken broth fat-free
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 1 garlic clove minced

- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 teaspoon ground cumin
- ☐ 2 tablespoons pinenuts toasted
- ☐ 0.5 cup radishes diced (3 large)
- ☐ 0.5 teaspoon salt
- ☐ 0.3 cup citrus champagne vinegar

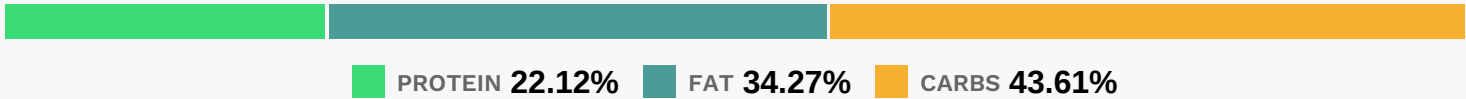
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare salad, bring broth to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Spoon couscous into a large bowl; cool slightly.
- ☐ Add chicken, onions, radishes, cucumber, parsley, and pine nuts; toss gently to combine.
- ☐ To prepare dressing, combine vinegar and remaining ingredients, stirring with a whisk.
- ☐ Drizzle dressing over salad; toss to combine.
- ☐ Note: You can toast nuts quickly in a dry skillet over medium-high heat. Stir frequently, and as soon as they become fragrant, remove the nuts from the pan.

Nutrition Facts



Properties

Glycemic Index:60.75, Glycemic Load:19.45, Inflammation Score:-6, Nutrition Score:15.663043498993%

Flavonoids

Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg, Pelargonidin: 9.15mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg, Myricetin: 0.57mg Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg, Quercetin: 1.36mg

Nutrients (% of daily need)

Calories: 321.46kcal (16.07%), Fat: 12.08g (18.58%), Saturated Fat: 1.81g (11.32%), Carbohydrates: 34.59g (11.53%), Net Carbohydrates: 31.51g (11.46%), Sugar: 1.13g (1.25%), Cholesterol: 31.89mg (10.63%), Sodium: 629.22mg (27.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.54g (35.09%), Vitamin K: 94.76µg (90.25%), Manganese: 0.86mg (43.16%), Vitamin B3: 5.56mg (27.82%), Phosphorus: 205mg (20.5%), Selenium: 12.38µg (17.68%), Vitamin B6: 0.27mg (13.74%), Iron: 2.28mg (12.67%), Magnesium: 50.51mg (12.63%), Vitamin C: 10.4mg (12.61%), Copper: 0.25mg (12.38%), Fiber: 3.09g (12.34%), Vitamin B5: 1.11mg (11.1%), Zinc: 1.51mg (10.1%), Potassium: 345.96mg (9.88%), Vitamin A: 479.15IU (9.58%), Vitamin B1: 0.14mg (9.14%), Vitamin E: 1.34mg (8.95%), Vitamin B2: 0.15mg (8.61%), Folate: 32.35µg (8.09%), Calcium: 45.98mg (4.6%), Vitamin B12: 0.27µg (4.42%)