



 **59%**
HEALTH SCORE

Chicken-Couscous Bibb Salad

 Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



228 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 12 bibb lettuce leaves
- 2 cups chicken breast cooked chopped
- 0.3 cup couscous uncooked
- 1 cup cucumber chopped
- 1 tablespoon olive oil extravirgin
- 0.5 cup mint leaves fresh chopped
- 0.3 cup parsley fresh chopped
- 2 tablespoons juice of lemon fresh

- 2 teaspoons oregano fresh chopped
- 0.5 cup onion red finely chopped
- 0.5 teaspoon salt
- 0.5 cup water

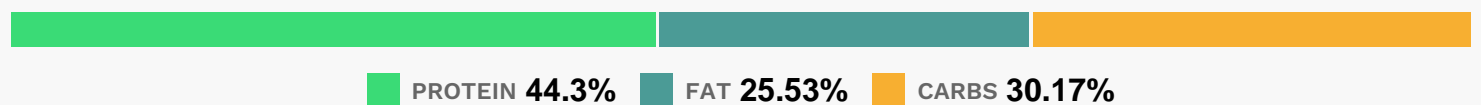
Equipment

- bowl
- sauce pan
- sieve

Directions

- Bring 1/2 cup water to a boil in a small saucepan; stir in couscous.
- Remove from heat, cover, and let stand 5 minutes. Fluff with a fork.
- Place couscous in a fine-mesh strainer; rinse with cold water.
- Drain.
- Combine couscous, chicken, and next 6 ingredients (through oregano) in a medium bowl. Stir in oil and salt.
- Place 3 lettuce leaves on each of 4 plates; spoon about 1/4 cup chicken mixture in the center of each leaf.

Nutrition Facts



Properties

Glycemic Index:36, Glycemic Load:7.32, Inflammation Score:-9, Nutrition Score:18.9373912591%

Flavonoids

Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.39mg, Apigenin: 8.39mg, Apigenin: 8.39mg, Apigenin: 8.39mg Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg, Luteolin: 0.76mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin:

0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg, Quercetin: 5.33mg

Nutrients (% of daily need)

Calories: 228.07kcal (11.4%), Fat: 6.41g (9.86%), Saturated Fat: 1.27g (7.94%), Carbohydrates: 17.03g (5.68%), Net Carbohydrates: 14.22g (5.17%), Sugar: 1.99g (2.21%), Cholesterol: 59.5mg (19.83%), Sodium: 353.36mg (15.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.02g (50.03%), Vitamin K: 118.54µg (112.9%), Vitamin B3: 10.5mg (52.48%), Vitamin A: 2101.75IU (42.03%), Selenium: 19.78µg (28.26%), Vitamin B6: 0.54mg (26.91%), Phosphorus: 220.1mg (22.01%), Manganese: 0.38mg (18.93%), Vitamin C: 13.91mg (16.86%), Folate: 62.97µg (15.74%), Iron: 2.47mg (13.73%), Potassium: 457.85mg (13.08%), Magnesium: 48.31mg (12.08%), Fiber: 2.81g (11.24%), Vitamin B5: 1.08mg (10.8%), Vitamin B2: 0.16mg (9.28%), Vitamin B1: 0.13mg (8.6%), Zinc: 1.14mg (7.58%), Calcium: 75.33mg (7.53%), Copper: 0.15mg (7.25%), Vitamin E: 1.01mg (6.73%), Vitamin B12: 0.24µg (3.97%)