



Chicken Tabbouleh Salad

 Dairy Free

READY IN



80 min.

SERVINGS



8

CALORIES



297 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups chicken broth (from 32-oz carton)
- 2 lb chicken breast boneless skinless cut into 1/2-inch pieces
- 1 cup couscous uncooked
- 2 cups cucumber chopped
- 1 cup onion finely chopped
- 1 cup tomatoes seeded chopped
- 1 cup parsley fresh chopped
- 0.5 cup juice of lime

- 0.3 cup mint leaves fresh chopped
- 0.3 cup vegetable oil
- 1 teaspoon salt

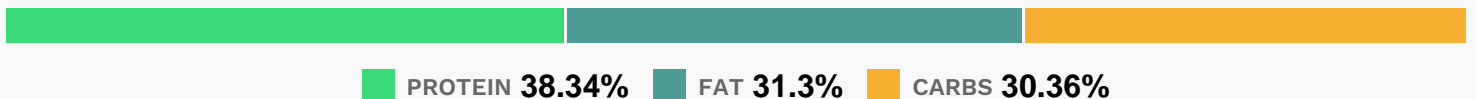
Equipment

- bowl
- sauce pan

Directions

- In 3-quart saucepan, heat broth to boiling. Stir in chicken. Cook over medium heat 10 to 15 minutes or until chicken is no longer pink in center.
- Stir in couscous; remove from heat. Cover and let stand 5 to 10 minutes or until liquid is absorbed.
- In large bowl, mix chicken mixture and all remaining salad ingredients. In tightly covered container, shake all dressing ingredients until well blended.
- Add to salad; toss to coat. Cover and refrigerate at least 1 hour but no longer than 24 hours to blend flavors.

Nutrition Facts



Properties

Glycemic Index:22.13, Glycemic Load:10.93, Inflammation Score:-7, Nutrition Score:21.12391296677%

Flavonoids

Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg, Eriodictyol: 0.77mg Hesperetin: 1.5mg, Hesperetin: 1.5mg, Hesperetin: 1.5mg, Hesperetin: 1.5mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 16.24mg, Apigenin: 16.24mg, Apigenin: 16.24mg, Apigenin: 16.24mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg, Myricetin: 1.14mg Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg, Quercetin: 4.27mg

Nutrients (% of daily need)

Calories: 297.14kcal (14.86%), Fat: 10.2g (15.7%), Saturated Fat: 1.75g (10.92%), Carbohydrates: 22.27g (7.42%), Net Carbohydrates: 19.97g (7.26%), Sugar: 2.37g (2.63%), Cholesterol: 73.75mg (24.58%), Sodium: 649.69mg (28.25%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 28.13g (56.26%), Vitamin K: 139.79µg (133.13%), Vitamin B3: 13mg (65%), Selenium: 36.68µg (52.4%), Vitamin B6: 0.94mg (47.17%), Phosphorus: 302mg (30.2%), Vitamin C: 21.42mg (25.96%), Vitamin B5: 2.06mg (20.64%), Potassium: 651.91mg (18.63%), Vitamin A: 913.78IU (18.28%), Manganese: 0.32mg (15.8%), Magnesium: 53.72mg (13.43%), Vitamin B2: 0.2mg (11.5%), Vitamin B1: 0.16mg (10.53%), Fiber: 2.3g (9.19%), Folate: 34.63µg (8.66%), Iron: 1.41mg (7.85%), Copper: 0.16mg (7.77%), Zinc: 1.11mg (7.39%), Vitamin E: 1mg (6.67%), Calcium: 40.39mg (4.04%), Vitamin B12: 0.24µg (3.98%)