



Chicken Vegetable Couscous

READY IN



20 min.

SERVINGS



6

CALORIES



381 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 10 ounces couscous
- 1 tablespoon vegetable oil
- 1 pound chicken breast halves boneless skinless cut into 1-inch pieces
- 2 cups tomatoes chopped
- 0.5 cup bell pepper red chopped
- 0.5 cup spring onion chopped
- 1 clove garlic finely chopped
- 1 tablespoon oregano dried fresh chopped
- 1 teaspoon paprika

- 15 ounces garbanzo beans rinsed drained canned
- 0.3 cup parmesan shredded

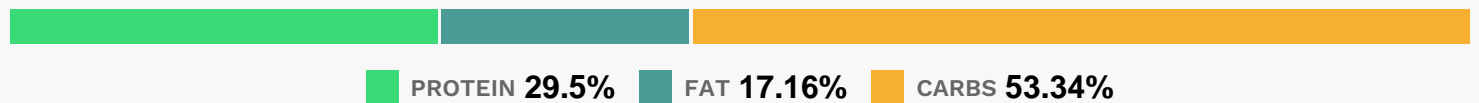
Equipment

- frying pan

Directions

- Cook couscous as directed on package.
- Heat oil in 10-inch skillet over medium heat. Cook chicken in oil 5 minutes, stirring occasionally.
- Stir in remaining ingredients except cheese. Cook uncovered 4 to 5 minutes or until chicken is no longer pink in center and vegetables are crisp-tender.
- Serve chicken mixture over couscous.
- Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:47.39, Glycemic Load:25.74, Inflammation Score:-9, Nutrition Score:21.613478106001%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 381.31kcal (19.07%), Fat: 7.22g (11.11%), Saturated Fat: 1.7g (10.64%), Carbohydrates: 50.49g (16.83%), Net Carbohydrates: 43.46g (15.8%), Sugar: 2.13g (2.37%), Cholesterol: 51.22mg (17.07%), Sodium: 361.03mg (15.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 27.92g (55.84%), Manganese: 1.1mg (54.98%), Vitamin B6: 1.06mg (53.01%), Vitamin B3: 10.17mg (50.87%), Selenium: 26.74µg (38.2%), Phosphorus: 345.97mg (34.6%), Vitamin C: 25.42mg (30.81%), Vitamin K: 31.63µg (30.12%), Fiber: 7.04g (28.14%), Vitamin A: 1129.82IU (22.6%), Vitamin B5: 2mg (20.04%), Potassium: 651.05mg (18.6%), Magnesium: 73mg (18.25%), Copper: 0.29mg (14.72%), Iron: 2.39mg (13.29%), Folate: 51.13µg (12.78%), Vitamin B1: 0.18mg (12.2%), Calcium: 116.07mg (11.61%), Zinc: 1.62mg

(10.83%), Vitamin B2: 0.17mg (10.15%), Vitamin E: 1.1mg (7.32%), Vitamin B12: 0.2µg (3.35%)