



## Citrus Couscous Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



289 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 10 ounce couscous ()
- 1 cup cucumber seeded chopped
- 0.5 cup apricot dried sliced
- 0.5 cup currants dried
- 2 tablespoons olive oil extra virgin
- 0.3 cup mint leaves fresh chopped
- 0.8 cup spring onion chopped
- 0.3 cup juice of lemon fresh

- 2 cups orange juice fresh divided
- 0.5 cup pistachios coarsely chopped
- 2 tablespoons red wine vinegar
- 1 teaspoon salt
- 0.5 cup water

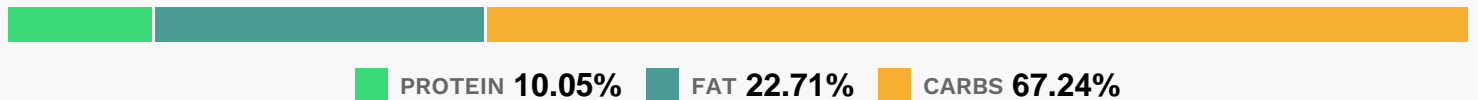
## Equipment

- bowl
- sauce pan

## Directions

- Bring 1 1/2 cups orange juice, water, and salt to a boil in a medium saucepan; gradually stir in couscous.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Place couscous in a large bowl.
- Combine 1/2 cup orange juice, apricots, currants, and vinegar in a small saucepan; bring to a boil.
- Remove from heat; let stand 15 minutes.
- Drain and discard cooking liquid.
- Add apricot mixture, cucumber, and remaining ingredients to couscous, tossing to combine.

## Nutrition Facts



## Properties

Glycemic Index:30.05, Glycemic Load:23.52, Inflammation Score:-6, Nutrition Score:11.330434856207%

## Flavonoids

Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg, Cyanidin: 0.56mg Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg, Catechin: 0.27mg Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg, Epigallocatechin: 0.16mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg

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## Nutrients (% of daily need)

Calories: 289.34kcal (14.47%), Fat: 7.48g (11.5%), Saturated Fat: 0.99g (6.17%), Carbohydrates: 49.81g (16.6%), Net Carbohydrates: 45.64g (16.6%), Sugar: 16.38g (18.2%), Cholesterol: 0mg (0%), Sodium: 303.06mg (13.18%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.45g (14.9%), Vitamin C: 37.65mg (45.63%), Manganese: 0.49mg (24.29%), Vitamin K: 23.32µg (22.21%), Fiber: 4.17g (16.69%), Copper: 0.3mg (14.89%), Potassium: 491.7mg (14.05%), Vitamin B1: 0.21mg (13.96%), Phosphorus: 132.03mg (13.2%), Vitamin B6: 0.25mg (12.61%), Vitamin A: 620.93IU (12.42%), Magnesium: 43.31mg (10.83%), Folate: 42.78µg (10.69%), Vitamin B3: 2.03mg (10.14%), Iron: 1.49mg (8.25%), Vitamin E: 1.14mg (7.57%), Vitamin B5: 0.71mg (7.06%), Vitamin B2: 0.09mg (5.52%), Calcium: 49.62mg (4.96%), Zinc: 0.65mg (4.31%), Selenium: 0.92µg (1.32%)