



 **72%**
HEALTH SCORE

Citrusy Pecan Garbanzo Couscous: A Salad For Cold Weather

 Vegetarian  Vegan  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



614 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 ounce garbanzo beans drained canned
- 2 tablespoons currants dried
- 2 tablespoons currants dried
- 2 spring onion chopped
- 0.5 teaspoon ground cumin
- 1 cup regular couscous whole wheat
- 1 orange juice

- 1 tablespoon olive oil
- 2 servings parsley
- 0.3 cup pecans toasted chopped
- 1 piece bell pepper red
- 1 teaspoon rice vinegar
- 2 servings salt and pepper to taste
- 0.1 teaspoon paprika smoked

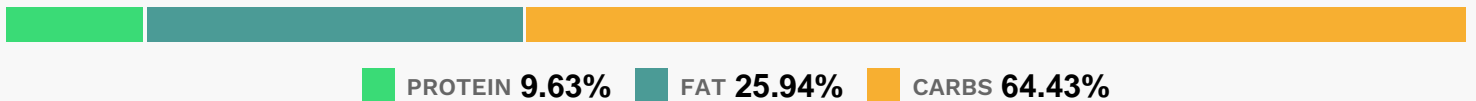
Equipment

- bowl
- mixing bowl

Directions

- Prepare couscous according to package instructions. Meanwhile combine all remaining ingredients in a medium mixing bowl.
- Drain couscous and add to bowl while still hot. Thoroughly mix all ingredients. Taste and adjust seasonings.
- Serve warm.

Nutrition Facts



Properties

Glycemic Index:191.67, Glycemic Load:48.85, Inflammation Score:-9, Nutrition Score:27.391739130435%

Flavonoids

Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg, Cyanidin: 1.46mg Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg, Delphinidin: 0.99mg Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg, Catechin: 0.99mg Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg, Epigallocatechin: 0.77mg Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg, Epicatechin: 0.11mg Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg, Epigallocatechin 3-gallate: 0.31mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.59mg,

Hesperetin: 3.59mg, Hesperetin: 3.59mg, Hesperetin: 3.59mg Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg, Naringenin: 0.64mg Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg, Apigenin: 8.62mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg, Quercetin: 1.5mg

Taste

Sweetness: 89.75%, Saltiness: 95.34%, Sourness: 51.57%, Bitterness: 43.99%, Savoriness: 83.38%, Fattiness: 100%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 613.91kcal (30.7%), Fat: 18.12g (27.88%), Saturated Fat: 2.02g (12.65%), Carbohydrates: 101.24g (33.75%), Net Carbohydrates: 91.86g (33.41%), Sugar: 24.59g (27.32%), Cholesterol: 0mg (0%), Sodium: 262.6mg (11.42%), Protein: 15.13g (30.26%), Vitamin C: 100.35mg (121.64%), Vitamin K: 99.19µg (94.47%), Manganese: 1.65mg (82.68%), Vitamin A: 2479.12IU (49.58%), Fiber: 9.38g (37.51%), Copper: 0.53mg (26.53%), Phosphorus: 254.45mg (25.44%), Vitamin B6: 0.48mg (23.97%), Vitamin B1: 0.35mg (23.64%), Vitamin B3: 4.5mg (22.51%), Magnesium: 85.66mg (21.41%), Potassium: 704.08mg (20.12%), Folate: 76.88µg (19.22%), Iron: 3.15mg (17.49%), Vitamin E: 2.33mg (15.55%), Vitamin B5: 1.51mg (15.1%), Zinc: 1.82mg (12.13%), Vitamin B2: 0.21mg (12.08%), Calcium: 88.32mg (8.83%), Selenium: 1.22µg (1.75%)