



Confetti Chicken 'n Couscous Salad

READY IN



25 min.

SERVINGS



6

CALORIES



358 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups carrots finely chopped
- ☐ 2 cups roasted chicken cooked chopped
- ☐ 10 oz couscous
- ☐ 0.5 cup chives fresh chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 0.7 cup parmesan cheese grated
- ☐ 1 cup bell pepper red finely chopped
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup vegetable oil

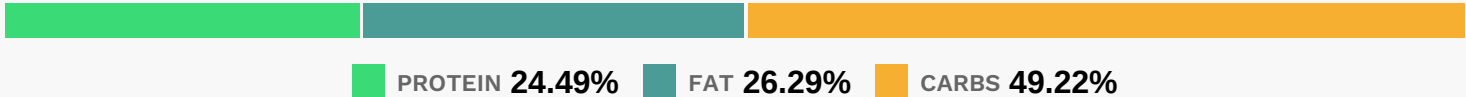
Equipment

☐ bowl

Directions

- ☐ Prepare couscous according to package directions.
- ☐ In large serving bowl, mix chicken, carrot, bell pepper and chives.
- ☐ Add cooked couscous; fluff with fork until well mixed. Cool slightly.
- ☐ In tightly covered container, shake all dressing ingredients.
- ☐ Pour over salad; toss gently to coat.
- ☐ Serve immediately.

Nutrition Facts



Properties

Glycemic Index:31.47, Glycemic Load:23.6, Inflammation Score:-10, Nutrition Score:18.344782647879%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg, Isorhamnetin: 0.22mg Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg, Kaempferol: 0.42mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg, Quercetin: 0.33mg

Nutrients (% of daily need)

Calories: 358.05kcal (17.9%), Fat: 10.35g (15.92%), Saturated Fat: 3.21g (20.07%), Carbohydrates: 43.61g (14.54%), Net Carbohydrates: 39.7g (14.44%), Sugar: 2.97g (3.3%), Cholesterol: 44.67mg (14.89%), Sodium: 838.85mg (36.47%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 21.69g (43.38%), Vitamin A: 6384.61IU (127.69%), Vitamin C: 40.86mg (49.52%), Vitamin B3: 5.93mg (29.64%), Phosphorus: 261.04mg (26.1%), Manganese: 0.48mg (23.75%), Selenium: 15.47µg (22.1%), Vitamin B6: 0.38mg (18.98%), Vitamin K: 19.41µg (18.49%), Fiber: 3.9g (15.62%), Calcium: 131.7mg (13.17%), Vitamin B5: 1.27mg (12.72%), Zinc: 1.75mg (11.66%), Vitamin B2: 0.19mg (11.14%), Potassium: 384.49mg (10.99%), Magnesium: 43.53mg (10.88%), Vitamin B1: 0.15mg (9.96%), Folate: 36.16µg (9.04%), Copper: 0.17mg (8.71%), Iron: 1.4mg (7.76%), Vitamin E: 0.98mg (6.57%), Vitamin B12: 0.29µg (4.76%)