



Couscous-and-Garbanzo Salad

 Dairy Free

READY IN



27 min.

SERVINGS



8

CALORIES



264 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 15 oz garbanzo beans rinsed drained canned
- 3 carrots shredded
- 14.5 oz chicken broth canned
- 1 cup couscous uncooked
- 4 green onion tops sliced
- 0.5 cup kalamata olives pitted coarsely chopped
- 8 servings lettuce shredded
- 8 servings mint vinaigrette

1 bell pepper diced red seeded

Equipment

bowl

sauce pan

Directions

Bring chicken broth to a boil in a saucepan; add 1 cup couscous, cover, and remove from heat.

Let stand 10 minutes.

Toss together couscous, beans, and next 4 ingredients in a large bowl.

Drizzle with Mint Vinaigrette, gently tossing to coat. Cover and chill until ready to serve.

Serve over shredded lettuce, and, if desired, sprinkle with feta just before serving.

Nutrition Facts



PROTEIN 29.84% **FAT 23.34%** **CARBS 46.82%**

Properties

Glycemic Index:31.02, Glycemic Load:13.64, Inflammation Score:-10, Nutrition Score:18.376956663702%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg, Quercetin: 1.99mg

Nutrients (% of daily need)

Calories: 263.71kcal (13.19%), Fat: 6.87g (10.57%), Saturated Fat: 1.5g (9.36%), Carbohydrates: 31.02g (10.34%), Net Carbohydrates: 25.07g (9.12%), Sugar: 3.65g (4.05%), Cholesterol: 25.69mg (8.56%), Sodium: 555.78mg (24.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.77g (39.54%), Vitamin A: 4968.4IU (99.37%), Manganese: 0.79mg (39.27%), Vitamin K: 38.92µg (37.06%), Vitamin C: 24.38mg (29.55%), Vitamin B6: 0.49mg (24.63%), Fiber: 5.96g (23.82%), Phosphorus: 190.86mg (19.09%), Selenium: 10.76µg (15.37%), Folate: 60.87µg (15.22%), Zinc: 2.09mg (13.96%), Vitamin B3: 2.61mg (13.03%), Potassium: 446.93mg (12.77%), Iron: 2.23mg (12.41%), Magnesium: 47.32mg (11.83%), Copper: 0.21mg (10.7%), Vitamin B12: 0.51µg (8.56%), Vitamin B1: 0.12mg (7.85%), Vitamin B2: 0.13mg (7.79%), Vitamin E: 1.07mg (7.1%), Calcium: 66.74mg (6.67%), Vitamin B5: 0.63mg (6.28%)