



Couscous and Shrimp Salad with Tangerines and Almonds

READY IN



45 min.

SERVINGS



24

CALORIES



300 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup almonds toasted sliced
- ☐ 30 ounce garbanzo beans drained canned (chickpeas)
- ☐ 30 ounce couscous plain
- ☐ 3 garlic clove pressed
- ☐ 1 cup golden raisins
- ☐ 1 cup spring onion finely chopped
- ☐ 2 tablespoons ground cumin
- ☐ 6 tablespoons juice of lemon fresh

- ☐ 1.5 cups olive oil extra virgin extra-virgin
- ☐ 3 cups yogurt plain
- ☐ 0.3 teaspoon salt
- ☐ 2 pounds shrimp deveined cooked peeled halved lengthwise (50)
- ☐ 8 1 tangerine peeled seeded cut into 1/4-inch pieces (4 cups)
- ☐ 6 cups water

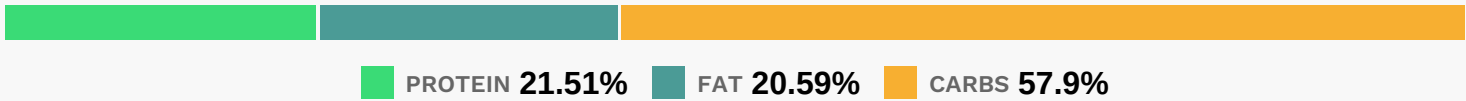
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Place yogurt in medium bowl. Gradually whisk in oil and cumin. Stir in lemon juice and garlic. Season dressing to taste with salt and pepper. Cover and chill. (Can be made 2 days ahead. Keep refrigerated.)
- ☐ Mix 6 cups water and salt in large saucepan; bring to boil.
- ☐ Mix in couscous.
- ☐ Remove from heat. Cover; let stand until water is absorbed and couscous is tender, about 10 minutes.
- ☐ Transfer couscous to large bowl; fluff with fork. Cool to room temperature. Gently mix in tangerines, garbanzo beans, raisins, 3/4 of shrimp, 3/4 cup green onions and 1/2 cup almonds. Stir in dressing. Season salad to taste with salt and pepper.
- ☐ Transfer salad to large serving platter. (Can be made 4 hours ahead. Cover; chill.
- ☐ Let stand at room temperature 30 minutes before serving.)
- ☐ Garnish with remaining shrimp, green onions and almonds.

Nutrition Facts



Properties

Glycemic Index:12.5, Glycemic Load:22.4, Inflammation Score:-5, Nutrition Score:10.961304367236%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 2.87mg, Hesperetin: 2.87mg, Hesperetin: 2.87mg Naringenin: 3.01mg, Naringenin: 3.01mg, Naringenin: 3.01mg, Naringenin: 3.01mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg, Quercetin: 0.62mg

Nutrients (% of daily need)

Calories: 299.69kcal (14.98%), Fat: 6.97g (10.72%), Saturated Fat: 1.34g (8.4%), Carbohydrates: 44.09g (14.7%), Net Carbohydrates: 39.33g (14.3%), Sugar: 8.49g (9.43%), Cholesterol: 64.84mg (21.61%), Sodium: 191.32mg (8.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 16.38g (32.77%), Manganese: 0.73mg (36.39%), Phosphorus: 234.74mg (23.47%), Copper: 0.38mg (19.25%), Fiber: 4.76g (19.04%), Magnesium: 61.62mg (15.41%), Vitamin B6: 0.28mg (13.76%), Vitamin C: 10.6mg (12.85%), Calcium: 116.9mg (11.69%), Potassium: 404.81mg (11.57%), Vitamin K: 10.56µg (10.05%), Vitamin E: 1.5mg (10%), Iron: 1.74mg (9.68%), Zinc: 1.44mg (9.59%), Vitamin B2: 0.15mg (8.72%), Vitamin B3: 1.67mg (8.37%), Vitamin B5: 0.77mg (7.66%), Vitamin B1: 0.11mg (7.36%), Folate: 28.13µg (7.03%), Vitamin A: 283.58IU (5.67%), Selenium: 1.72µg (2.46%), Vitamin B12: 0.11µg (1.89%)