



Couscous Chicken Salad

 Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 15.5 ounce garbanzo beans drained and rinsed canned (garbanzo beans)
- 1.5 cups cherry tomatoes halved
- 10 ounce couscous
- 0.3 cup olive oil extravirgin
- 1.5 cups fat-skimmed beef broth fat-free
- 1 cup basil fresh chopped
- 1 cup basil fresh chopped

- 1 garlic clove minced
- 1 cup spring onion sliced
- 0.8 teaspoon salt
- 3 tablespoons sherry vinegar
- 12 ounces chicken breast boneless skinless

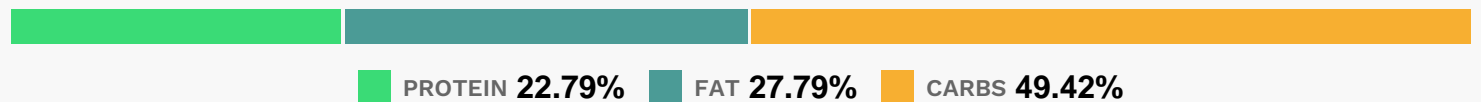
Equipment

- bowl
- sauce pan
- slotted spoon

Directions

- Bring broth to a boil in a medium saucepan.
- Add chicken; cover, reduce heat, and simmer 10 minutes or until chicken is done.
- Remove chicken using a slotted spoon; set aside. Cool slightly, and coarsely chop.
- While chicken cools, add couscous to broth; stir well. Cover and let stand 10 minutes.
- Place couscous in a large bowl; cool completely. Fluff with a fork. Stir in basil and next 5 ingredients (basil through garlic).
- Add chopped chicken, tomatoes, onions, and chickpeas; toss gently to combine. Cover and refrigerate at least 2 hours or overnight.

Nutrition Facts



Properties

Glycemic Index:42.42, Glycemic Load:18.97, Inflammation Score:-5, Nutrition Score:15.654347690551%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.54mg, Quercetin:

1.54mg, Quercetin: 1.54mg, Quercetin: 1.54mg

Nutrients (% of daily need)

Calories: 303.62kcal (15.18%), Fat: 9.32g (14.34%), Saturated Fat: 1.34g (8.36%), Carbohydrates: 37.28g (12.43%), Net Carbohydrates: 32.46g (11.8%), Sugar: 1.07g (1.19%), Cholesterol: 27.22mg (9.07%), Sodium: 603.64mg (26.25%), Alcohol: Og (100%), Protein: 17.2g (34.4%), Vitamin K: 55.81µg (53.16%), Manganese: 0.87mg (43.62%), Vitamin B6: 0.67mg (33.35%), Vitamin B3: 6.25mg (31.26%), Selenium: 15.93µg (22.76%), Phosphorus: 215.1mg (21.51%), Fiber: 4.83g (19.32%), Vitamin B5: 1.32mg (13.23%), Magnesium: 51.19mg (12.8%), Vitamin C: 10.51mg (12.74%), Copper: 0.25mg (12.41%), Potassium: 425.77mg (12.16%), Vitamin A: 599.11IU (11.98%), Iron: 1.92mg (10.65%), Folate: 38.68µg (9.67%), Vitamin E: 1.33mg (8.85%), Vitamin B1: 0.13mg (8.35%), Zinc: 1.07mg (7.15%), Vitamin B2: 0.11mg (6.39%), Calcium: 55.75mg (5.57%), Vitamin B12: 0.17µg (2.84%)