



WHATSheATE



Couscous-Chickpea Salad with Ginger-Lime Dressing



Vegetarian

READY IN



45 min.

SERVINGS



6

CALORIES



361 kcal

SIDE DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15.5 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 1.5 cups couscous uncooked
- ☐ 1 cup cucumber peeled chopped
- ☐ 1.5 tablespoons olive oil extravirgin
- ☐ 4 ounces feta cheese crumbled
- ☐ 2 teaspoons ginger fresh grated peeled

- ☐ 2 tablespoons mint leaves fresh finely chopped
- ☐ 1 garlic clove minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.8 teaspoon ground cumin
- ☐ 0.5 teaspoon ground turmeric
- ☐ 0.3 cup juice of lime fresh
- ☐ 0.5 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 teaspoon sugar
- ☐ 1 cup tomatoes chopped
- ☐ 2 cups water

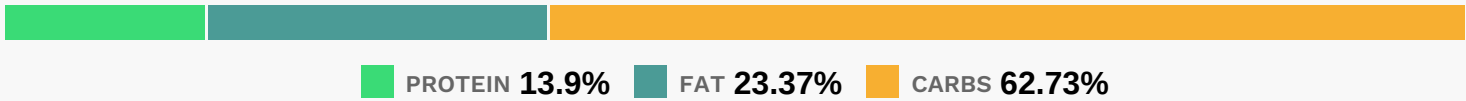
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare dressing, combine first 8 ingredients, stirring with a whisk.
- ☐ To prepare salad, bring 2 cups water to a boil in a medium saucepan, and gradually stir in couscous, raisins, and turmeric.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Place couscous mixture in a large bowl.
- ☐ Add tomato and remaining ingredients.
- ☐ Drizzle with dressing; stir well to coat. Cover and chill at least 1 hour.

Nutrition Facts



Properties

Glycemic Index:72.2, Glycemic Load:29.02, Inflammation Score:-9, Nutrition Score:14.159130386684%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg, Hesperetin: 1.38mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg, Quercetin: 0.67mg

Nutrients (% of daily need)

Calories: 361.15kcal (18.06%), Fat: 9.54g (14.67%), Saturated Fat: 3.25g (20.29%), Carbohydrates: 57.6g (19.2%), Net Carbohydrates: 50.54g (18.38%), Sugar: 1.64g (1.83%), Cholesterol: 16.82mg (5.61%), Sodium: 628.38mg (27.32%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.53%), Manganese: 1.09mg (54.48%), Fiber: 7.06g (28.25%), Vitamin B6: 0.55mg (27.47%), Phosphorus: 222.94mg (22.29%), Copper: 0.32mg (16.22%), Calcium: 153.63mg (15.36%), Vitamin B2: 0.25mg (14.62%), Magnesium: 57.24mg (14.31%), Vitamin K: 14.89µg (14.18%), Iron: 2.35mg (13.08%), Vitamin C: 10.44mg (12.65%), Potassium: 429.01mg (12.26%), Folate: 46.3µg (11.58%), Vitamin B3: 2.18mg (10.91%), Vitamin B1: 0.16mg (10.85%), Zinc: 1.59mg (10.62%), Vitamin B5: 1.05mg (10.51%), Vitamin A: 436.3IU (8.73%), Selenium: 4.54µg (6.48%), Vitamin B12: 0.32µg (5.32%), Vitamin E: 0.75mg (4.99%)