



## Couscous Fruit Salad

 Vegetarian  Vegan  Dairy Free

READY IN



30 min.

SERVINGS



8

CALORIES



279 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 6 dates pitted chopped
- 1 teaspoon cilantro leaves fresh chopped to taste
- 4 cloves garlic crushed
- 0.5 cup golden raisins
- 5 green onions chopped to taste
- 1 mangos peeled chopped
- 1 teaspoon olive oil or as needed
- 0.3 cup peanuts shelled

- 1.5 cups pearl couscous (Israeli)
- 6 ounce cranberries dried sweetened craisins® (such as )
- 2.3 cups water

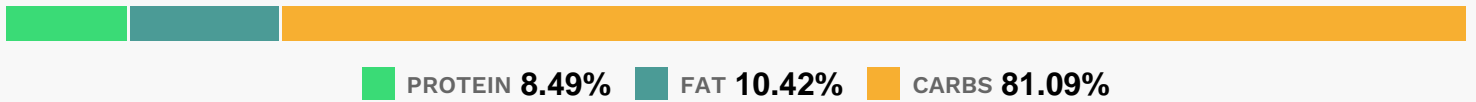
## Equipment

- frying pan

## Directions

- Heat olive oil in a skillet over medium heat; saute onion and garlic until fragrant, 1 to 2 minutes.
- Add water to onion mixture and bring to a boil.
- Stir dates, cranberries, raisins, and peanuts into onion mixture and bring to a boil again.
- Add couscous and cilantro to dried fruit-onion mixture; bring to a boil. Reduce heat to low, cover skillet, and simmer until water is mostly absorbed, 10 to 15 minutes.
- Stir mango into couscous mixture, return cover, and simmer until all the water is absorbed and couscous is tender, about 5 more minutes.

## Nutrition Facts



## Properties

Glycemic Index:41.71, Glycemic Load:22.89, Inflammation Score:-5, Nutrition Score:8.0904347689255%

## Flavonoids

Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg, Cyanidin: 0.24mg Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg, Delphinidin: 0.03mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg 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: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg, Quercetin: 2.06mg

## Nutrients (% of daily need)

Calories: 278.81kcal (13.94%), Fat: 3.38g (5.2%), Saturated Fat: 0.52g (3.23%), Carbohydrates: 59.23g (19.74%), Net Carbohydrates: 54.64g (19.87%), Sugar: 27.86g (30.96%), Cholesterol: 0mg (0%), Sodium: 11.52mg (0.5%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.2g (12.4%), Manganese: 0.52mg (26.1%), Fiber: 4.59g (18.35%), Vitamin K: 19.05µg (18.14%), Vitamin C: 11.65mg (14.13%), Vitamin B3: 2.36mg (11.78%), Copper: 0.23mg (11.37%), Phosphorus: 96.29mg (9.63%), Folate: 34.61µg (8.65%), Magnesium: 34.1mg (8.52%), Potassium: 269.89mg (7.71%), Vitamin B6: 0.15mg (7.56%), Vitamin A: 356.25IU (7.12%), Vitamin B1: 0.1mg (6.91%), Vitamin B5: 0.63mg (6.35%), Iron: 1mg (5.58%), Vitamin E: 0.81mg (5.38%), Vitamin B2: 0.08mg (4.44%), Calcium: 34.27mg (3.43%), Zinc: 0.5mg (3.37%), Selenium: 1.09µg (1.56%)