



Couscous-Garbanzo Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



147 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 15.5 ounce chickpeas drained canned (garbanzo beans)
- 0.5 cup carrots grated (1 medium)
- 1 cup couscous uncooked
- 0.3 teaspoon pepper red crushed
- 1 cup cucumber diced (1)
- 2 tablespoons olive oil extravirgin
- 1 teaspoon garlic minced

- 1 cup green onions thinly sliced (6)
- 1 tablespoon juice of lemon fresh
- 2 teaspoons oregano fresh chopped
- 0.5 cup bell pepper diced red
- 2 tablespoons red wine vinegar
- 0.5 teaspoon salt
- 2 cups tomatoes seeded chopped (2 medium)
- 1 cup vegetable broth organic (such as Swanson Certified)

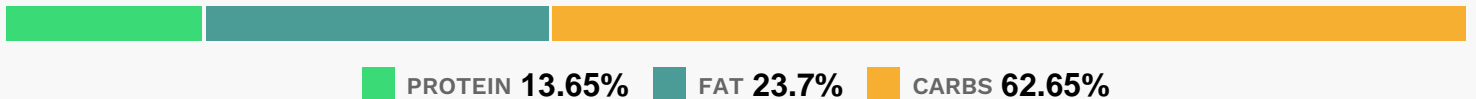
Equipment

- bowl
- sauce pan
- whisk

Directions

- Bring broth to a boil in a medium saucepan, and gradually stir in couscous.
- Remove from heat; cover and let stand 5 minutes.
- Place couscous in a large bowl, and cool completely. Fluff with a fork. Stir in tomato, cucumber, and next 4 ingredients (through chickpeas); toss well.
- Combine oil and the remaining ingredients in a small bowl; stir with a whisk.
- Add vinegar mixture to couscous mixture just before serving; toss gently.

Nutrition Facts



Properties

Glycemic Index:38.12, Glycemic Load:10.71, Inflammation Score:-9, Nutrition Score:9.7626086421635%

Flavonoids

Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg, Eriodictyol: 0.07mg Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg, Hesperetin: 0.22mg Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg, Naringenin: 0.22mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg, Quercetin: 1.28mg

Nutrients (% of daily need)

Calories: 147.04kcal (7.35%), Fat: 3.94g (6.06%), Saturated Fat: 0.52g (3.28%), Carbohydrates: 23.41g (7.8%), Net Carbohydrates: 19.35g (7.04%), Sugar: 2.08g (2.31%), Cholesterol: 0mg (0%), Sodium: 343.52mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.1g (10.2%), Vitamin A: 1738.62IU (34.77%), Manganese: 0.61mg (30.28%), Vitamin K: 29.53µg (28.13%), Vitamin C: 17.04mg (20.66%), Fiber: 4.06g (16.22%), Vitamin B6: 0.3mg (15.19%), Phosphorus: 84.03mg (8.4%), Folate: 33.1µg (8.27%), Copper: 0.15mg (7.73%), Magnesium: 29.54mg (7.39%), Potassium: 255.16mg (7.29%), Iron: 1.23mg (6.85%), Vitamin E: 0.88mg (5.85%), Vitamin B3: 1.06mg (5.3%), Vitamin B1: 0.07mg (4.87%), Vitamin B5: 0.46mg (4.62%), Calcium: 41.89mg (4.19%), Zinc: 0.61mg (4.08%), Vitamin B2: 0.05mg (2.96%), Selenium: 1.04µg (1.49%)