



Couscous Salad with Chicken

READY IN



45 min.

SERVINGS



5

CALORIES



377 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1.5 cups chicken breast cubed cooked
- ☐ 1 cup couscous uncooked
- ☐ 0.5 cup cucumber peeled seeded chopped
- ☐ 2 tablespoons feta cheese crumbled
- ☐ 0.5 cup green onions thinly sliced (2 large)
- ☐ 1.3 cups lower-sodium chicken broth fat-free
- ☐ 6 tablespoons olive oil vinaigrette light
- ☐ 0.5 cup tomatoes diced

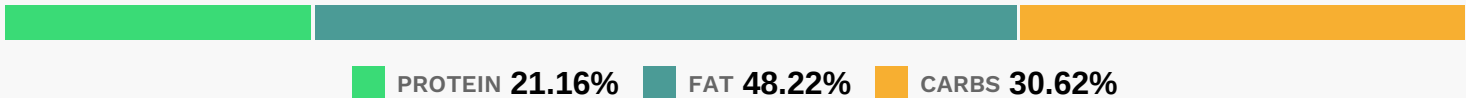
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring broth to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes.
- ☐ Fluff couscous with a fork; spoon into a large bowl.
- ☐ Let cool slightly.
- ☐ Add chicken and remaining ingredients to couscous; toss gently.
- ☐ Identify and locate vegetables
- ☐ Measure chopped cucumber
- ☐ Help cube or shred chicken breast
- ☐ Add measured ingredients to cooked couscous

Nutrition Facts



Properties

Glycemic Index:35.4, Glycemic Load:16.69, Inflammation Score:-4, Nutrition Score:11.11826098354%

Flavonoids

Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg, Quercetin: 1.15mg

Nutrients (% of daily need)

Calories: 377.16kcal (18.86%), Fat: 20.05g (30.85%), Saturated Fat: 3.7g (23.1%), Carbohydrates: 28.66g (9.55%), Net Carbohydrates: 26.39g (9.6%), Sugar: 0.81g (0.9%), Cholesterol: 41.75mg (13.92%), Sodium: 225.01mg (9.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.8g (39.61%), Vitamin B3: 7.18mg (35.9%), Vitamin K: 33.2µg

(31.62%), Phosphorus: 187.57mg (18.76%), Selenium: 12.69µg (18.12%), Vitamin E: 2.68mg (17.9%), Vitamin B6: 0.34mg (17.18%), Manganese: 0.32mg (16.08%), Potassium: 370.34mg (10.58%), Vitamin B5: 0.95mg (9.54%), Fiber: 2.26g (9.05%), Vitamin B2: 0.15mg (8.61%), Magnesium: 33.93mg (8.48%), Vitamin B1: 0.11mg (7.43%), Copper: 0.13mg (6.74%), Zinc: 0.99mg (6.6%), Iron: 1.17mg (6.48%), Calcium: 58.85mg (5.88%), Vitamin A: 270.91IU (5.42%), Folate: 21.27µg (5.32%), Vitamin C: 4.35mg (5.27%), Vitamin B12: 0.26µg (4.3%)