



Couscous Salad with Chicken and Apricots



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



559 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 apricots fresh pitted ripe cut into bite-size chunks (or nectarines, peaches, or plums)
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black freshly ground plus more to taste
- ☐ 4 chicken breast strips/pre-cooked/chopped
- ☐ 1.5 cups couscous instant
- ☐ 1 cup mint leaves fresh finely chopped
- ☐ 1 cup parsley fresh finely chopped
- ☐ 0.3 teaspoon ground cinnamon

- ☐ 0.3 teaspoon ground cumin
- ☐ 0.5 teaspoon kosher salt plus more to taste
- ☐ 6 tablespoons olive oil
- ☐ 0.5 cup pistachios unsalted shelled
- ☐ 1 small shallots sliced in rings

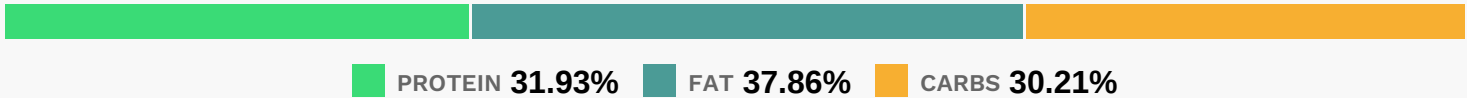
Equipment

- ☐ bowl

Directions

- ☐ Place the couscous in a medium bowl. Bring 1 1/2 cups water to a boil and stir in the cinnamon, cumin, 1/2 teaspoon salt, and 1/4 teaspoon pepper.
- ☐ Pour the mixture over the couscous. Cover and let stand until the couscous is soft, about 5 minutes. Uncover and fluff with a fork. Stir in the parsley, mint, and 2 tablespoons of the olive oil. Set aside.
- ☐ Cut the chicken into bite-size pieces and place in a medium bowl.
- ☐ Add the apricots, shallot, and pistachios.
- ☐ Drizzle with the vinegar and the remaining olive oil. Season with salt and pepper to taste. Divide the couscous among 6 dinner plates. Arrange the chicken salad over the couscous.
- ☐ Garnish with the parsley sprigs and serve.

Nutrition Facts



Properties

Glycemic Index:46.44, Glycemic Load:22.08, Inflammation Score:-8, Nutrition Score:26.491739221241%

Flavonoids

Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg, Cyanidin: 0.75mg Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg, Catechin: 1.01mg Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg, Epigallocatechin: 0.21mg Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg, Epicatechin: 0.91mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg

Epigallocatechin 3–gallate: 0.04mg Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg, Eriodictyol: 2.32mg Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg, Hesperetin: 0.76mg Apigenin: 21.96mg, Apigenin: 21.96mg, Apigenin: 21.96mg Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg, Luteolin: 1.08mg Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg, Kaempferol: 0.26mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg, Quercetin: 0.46mg

Nutrients (% of daily need)

Calories: 558.86kcal (27.94%), Fat: 23.27g (35.8%), Saturated Fat: 3.75g (23.44%), Carbohydrates: 41.77g (13.92%), Net Carbohydrates: 37.06g (13.48%), Sugar: 3.62g (4.02%), Cholesterol: 97.47mg (32.49%), Sodium: 293.34mg (12.75%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 44.15g (88.29%), Vitamin K: 173.55µg (165.29%), Vitamin B3: 17.74mg (88.72%), Vitamin B6: 0.95mg (47.65%), Selenium: 32.45µg (46.36%), Phosphorus: 404.6mg (40.46%), Manganese: 0.65mg (32.26%), Vitamin A: 1566.59IU (31.33%), Vitamin C: 18.35mg (22.24%), Magnesium: 79.45mg (19.86%), Fiber: 4.71g (18.82%), Iron: 3.37mg (18.72%), Vitamin E: 2.8mg (18.66%), Potassium: 636.83mg (18.2%), Vitamin B5: 1.82mg (18.18%), Copper: 0.36mg (17.84%), Vitamin B1: 0.26mg (17.54%), Zinc: 1.98mg (13.23%), Vitamin B2: 0.22mg (12.88%), Folate: 45.23µg (11.31%), Calcium: 77.86mg (7.79%), Vitamin B12: 0.39µg (6.5%)