



Couscous Salad with Chicken and Chopped Vegetables

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.1 teaspoon pepper black freshly ground
- ☐ 0.5 cup diagonally cut carrot ()
- ☐ 1 cup couscous uncooked
- ☐ 3 tablespoons currants dried
- ☐ 3 tablespoons mint leaves fresh finely chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 cup yogurt plain low-fat
- ☐ 0.5 cup mushrooms chopped
- ☐ 1 tablespoon olive oil divided
- ☐ 1.5 cups rotisserie chicken cut boneless skinless chopped
- ☐ 0.8 teaspoon salt
- ☐ 1.5 cups water
- ☐ 1 tablespoon citrus champagne vinegar
- ☐ 1 cup bell pepper yellow chopped
- ☐ 0.5 cup zucchini finely chopped

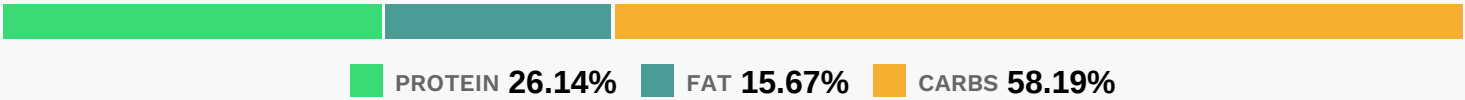
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ To prepare salad, bring water, 1 teaspoon oil, and salt to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- ☐ Place in a large bowl; cool to room temperature.
- ☐ Heat a large nonstick skillet over medium-high heat.
- ☐ Add remaining oil to pan.
- ☐ Add the bell pepper, zucchini, and mushrooms; saut 4 minutes or until bell pepper is tender.
- ☐ Add bell pepper mixture, chicken, carrot, onions, currants, mint, and black pepper to couscous; toss gently to combine.
- ☐ To prepare dressing, combine yogurt and remaining ingredients, stirring with a whisk.
- ☐ Drizzle over couscous mixture, tossing gently to combine.

Nutrition Facts



Properties

Glycemic Index:75.03, Glycemic Load:25.41, Inflammation Score:-9, Nutrition Score:22.484782557125%

Flavonoids

Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg, Eriodictyol: 1.71mg Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg, Hesperetin: 2.01mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 388.29kcal (19.41%), Fat: 6.87g (10.56%), Saturated Fat: 1.65g (10.32%), Carbohydrates: 57.39g (19.13%), Net Carbohydrates: 53.15g (19.33%), Sugar: 17.44g (19.38%), Cholesterol: 50.4mg (16.8%), Sodium: 688.02mg (29.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.78g (51.56%), Vitamin C: 80.11mg (97.1%), Vitamin A: 3049.99IU (61%), Vitamin B3: 8.11mg (40.55%), Phosphorus: 344.57mg (34.46%), Selenium: 20.58µg (29.41%), Manganese: 0.57mg (28.52%), Vitamin B6: 0.42mg (20.96%), Vitamin B2: 0.35mg (20.7%), Potassium: 722.04mg (20.63%), Vitamin B5: 2.02mg (20.16%), Vitamin K: 18.42µg (17.54%), Calcium: 170.01mg (17%), Fiber: 4.24g (16.95%), Magnesium: 63.59mg (15.9%), Copper: 0.3mg (15.04%), Vitamin B1: 0.21mg (13.77%), Folate: 51.41µg (12.85%), Zinc: 1.73mg (11.55%), Iron: 1.68mg (9.31%), Vitamin B12: 0.49µg (8.25%), Vitamin E: 0.8mg (5.34%)