



Couscous Salad with Chicken, Dates, and Walnuts

READY IN



20 min.

SERVINGS



6

CALORIES



416 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.4 teaspoon pepper black divided freshly ground
- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 garlic cloves mashed
- ☐ 1 green onion thinly sliced
- ☐ 2 teaspoons ground cumin divided
- ☐ 0.5 cup buttermilk low-fat
- ☐ 12 medjool dates diced pitted

- ☐ 1.5 teaspoons olive oil
- ☐ 0.4 teaspoon salt divided
- ☐ 12 ounces chicken thighs boneless skinless
- ☐ 0.7 cup walnuts chopped
- ☐ 1.5 cups water

Equipment



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

Directions

- ☐ Preheat broiler to high.
- ☐ Bring 1 1/2 cups water to a boil in a medium saucepan. Stir in couscous; cover pan.
- ☐ Remove from heat; let couscous mixture stand, covered, for 5 minutes. Uncover pan; fluff couscous with a fork.
- ☐ Combine buttermilk, 1 1/2 teaspoons cumin, 1/4 teaspoon salt, and 1/4 teaspoon black pepper in a large bowl, stirring with a whisk.
- ☐ Add couscous, walnuts, cilantro, dates, and green onion; stir mixture gently to combine.
- ☐ Drizzle olive oil evenly over chicken thighs; sprinkle both sides of chicken with remaining 1/2 teaspoon cumin, remaining 1/8 teaspoon salt, remaining 1/8 teaspoon pepper, and garlic. Arrange chicken in a single layer in a large ovenproof skillet. Broil chicken for 5 minutes; turn chicken over. Broil an additional 3 minutes or until done.
- ☐ Remove chicken from pan; let stand 5 minutes.
- ☐ Pour pan juices into couscous mixture; toss gently to combine. Spoon about 1 cup couscous mixture onto each of 6 plates. Slice chicken crosswise; divide chicken evenly over couscous.

Nutrition Facts



 PROTEIN **16.95%**  FAT **25.85%**  CARBS **57.2%**

Properties

Glycemic Index:36, Glycemic Load:13.91, Inflammation Score:-4, Nutrition Score:14.412173934605%

Flavonoids

Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg, Cyanidin: 0.35mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 415.8kcal (20.79%), Fat: 12.44g (19.14%), Saturated Fat: 1.7g (10.61%), Carbohydrates: 61.93g (20.64%), Net Carbohydrates: 56.21g (20.44%), Sugar: 33.28g (36.98%), Cholesterol: 54.66mg (18.22%), Sodium: 233.95mg (10.17%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 18.35g (36.7%), Manganese: 0.88mg (44.08%), Vitamin B3: 5.16mg (25.8%), Copper: 0.51mg (25.44%), Phosphorus: 253.7mg (25.37%), Vitamin B6: 0.5mg (24.9%), Fiber: 5.72g (22.89%), Selenium: 14.05µg (20.07%), Magnesium: 78.46mg (19.61%), Potassium: 635.01mg (18.14%), Vitamin B5: 1.57mg (15.67%), Zinc: 1.86mg (12.4%), Vitamin B2: 0.21mg (12.24%), Vitamin B1: 0.18mg (12.07%), Iron: 2.11mg (11.69%), Vitamin K: 10.38µg (9.88%), Calcium: 91.01mg (9.1%), Folate: 30.79µg (7.7%), Vitamin B12: 0.41µg (6.78%), Vitamin A: 171.29IU (3.43%), Vitamin E: 0.4mg (2.66%), Vitamin C: 1.29mg (1.56%)