



Couscous Salad with Chicken, Tomato, and Basil

READY IN



29 min.

SERVINGS



4

CALORIES



450 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups couscous uncooked
- ☐ 15.8 ounce less-sodium chicken broth fat-free canned
- ☐ 1 ounce feta cheese crumbled
- ☐ 0.3 cup basil fresh thinly sliced
- ☐ 2 garlic cloves minced
- ☐ 2 tablespoons olive oil extra-virgin divided

- ☐ 2 cups roasted boneless skinless chopped (2 breast halves)
- ☐ 0.5 teaspoon salt
- ☐ 1.3 pounds tomatoes chopped

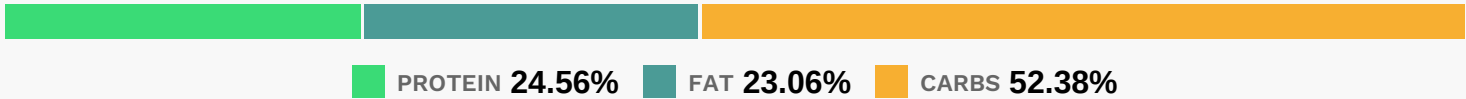
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Combine 1 tablespoon olive oil and garlic in a large microwave-safe bowl, and microwave at high for 45 seconds.
- ☐ Add the broth; microwave at high 4 minutes or until mixture simmers. Gradually stir in couscous; cover and let stand 5 minutes. Fluff with a fork. Stir in the tomato, chicken, basil, vinegar, salt, and pepper.
- ☐ Drizzle with 1 tablespoon oil, and sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:78, Glycemic Load:32.92, Inflammation Score:-8, Nutrition Score:20.589130253895%

Flavonoids

Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg, Naringenin: 0.96mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg, Myricetin: 0.21mg Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg, Quercetin: 0.85mg

Nutrients (% of daily need)

Calories: 450.12kcal (22.51%), Fat: 11.38g (17.51%), Saturated Fat: 2.45g (15.33%), Carbohydrates: 58.17g (19.39%), Net Carbohydrates: 53.13g (19.32%), Sugar: 5.11g (5.68%), Cholesterol: 54.31mg (18.1%), Sodium: 930.95mg (40.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.27g (54.54%), Vitamin B3: 11.65mg (58.26%), Vitamin B6: 0.81mg (40.71%), Selenium: 27.74µg (39.64%), Manganese: 0.77mg (38.42%), Phosphorus: 343.1mg

(34.31%), Vitamin A: 1339.49IU (26.79%), Vitamin C: 21.15mg (25.63%), Vitamin K: 24.22µg (23.07%), Potassium: 781.68mg (22.33%), Vitamin B5: 2.22mg (22.19%), Fiber: 5.04g (20.16%), Magnesium: 68.94mg (17.23%), Vitamin B1: 0.23mg (15.25%), Copper: 0.3mg (15.19%), Vitamin B2: 0.24mg (14.07%), Vitamin E: 1.95mg (12.98%), Folate: 42.05µg (10.51%), Zinc: 1.48mg (9.89%), Iron: 1.76mg (9.8%), Vitamin B12: 0.49µg (8.22%), Calcium: 82.12mg (8.21%)