



## Couscous Salad with Chickpeas



Vegetarian

READY IN



20 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 0.5 teaspoon pepper black divided
- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 3 ounces feta cheese crumbled
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1.5 teaspoons garlic minced
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.1 teaspoon ground cinnamon
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 teaspoon salt divided
- ☐ 0.1 teaspoon paprika smoked
- ☐ 1 Dash sugar
- ☐ 1 large tomatoes ripe chopped
- ☐ 1 cup water boiling
- ☐ 1 cup couscous whole-wheat uncooked

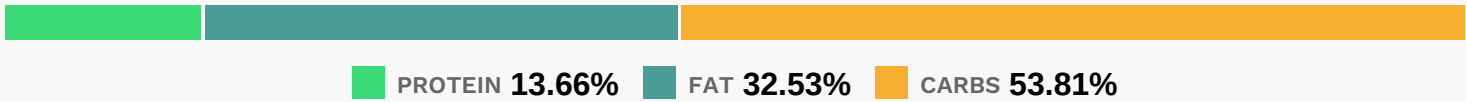
## Equipment

- ☐ bowl

## Directions

- ☐ Place couscous, 1/4 teaspoon salt, 1/4 teaspoon pepper, and cinnamon in a bowl. Stir in boiling water; cover and let stand 10 minutes. Fluff with a fork.
- ☐ Combine oil, juice, garlic, and sugar.
- ☐ Add oil mixture, remaining 1/4 teaspoon salt, 1/4 teaspoon pepper, mint, and next 4 ingredients (through tomato).
- ☐ Sprinkle with cheese.

## Nutrition Facts



## Properties

Glycemic Index:72.36, Glycemic Load:4.99, Inflammation Score:-6, Nutrition Score:15.31217409476%

## 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: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg, Apigenin: 0.21mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 479.51kcal (23.98%), Fat: 18.37g (28.26%), Saturated Fat: 4.53g (28.3%), Carbohydrates: 68.36g (22.79%), Net Carbohydrates: 57.31g (20.84%), Sugar: 2.93g (3.26%), Cholesterol: 18.92mg (6.31%), Sodium: 836.63mg (36.38%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.35g (34.7%), Manganese: 1.05mg (52.31%), Fiber: 11.05g (44.2%), Vitamin B6: 0.66mg (32.97%), Vitamin K: 23.73µg (22.6%), Iron: 3.85mg (21.41%), Calcium: 187.55mg (18.75%), Phosphorus: 175.92mg (17.59%), Vitamin C: 13.41mg (16.26%), Vitamin A: 739.41IU (14.79%), Vitamin B2: 0.22mg (13.13%), Folate: 50.84µg (12.71%), Vitamin E: 1.87mg (12.47%), Copper: 0.23mg (11.63%), Magnesium: 44.13mg (11.03%), Zinc: 1.52mg (10.14%), Potassium: 333.98mg (9.54%), Selenium: 5.54µg (7.92%), Vitamin B1: 0.1mg (6.37%), Vitamin B5: 0.61mg (6.08%), Vitamin B12: 0.36µg (5.99%), Vitamin B3: 0.74mg (3.72%)