



HEALTH SCORE

59%

Couscous Salad with Creamy Roast Garlic Dressing



Vegetarian



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



206 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup celery finely chopped
- ☐ 1.5 cups chicken broth low-sodium undiluted canned
- ☐ 1 cup couscous uncooked
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 1 large head garlic
- ☐ 2 tablespoons nonfat mayonnaise
- ☐ 0.3 teaspoon pepper freshly ground

- ☐ 0.8 cup bell pepper sweet red chopped
- ☐ 2 tablespoons red wine vinegar
- ☐ 0.3 teaspoon salt

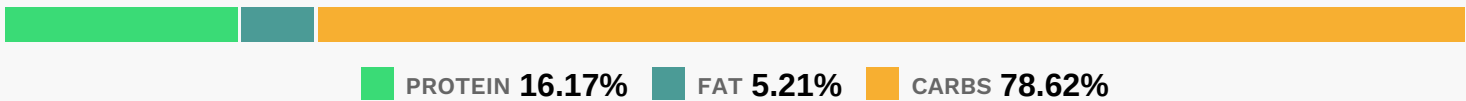
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ oven
- ☐ aluminum foil

Directions

- ☐ Gently peel outer skin from garlic.
- ☐ Cut off top one-third of head, and discard.
- ☐ Place garlic, cut side up, in center of a piece of heavy-duty aluminum foil. Fold aluminum foil over garlic, sealing tightly.
- ☐ Bake at 400 for 40 minutes or until garlic is soft.
- ☐ Remove from oven; let cool 10 minutes. Separate cloves, and squeeze to extract pulp.
- ☐ Bring chicken broth to a boil in a medium saucepan.
- ☐ Remove from heat.
- ☐ Add couscous; cover and let stand 5 minutes or until couscous is tender and liquid is absorbed. Fluff couscous with a fork, and transfer to a serving bowl.
- ☐ Combine mayonnaise and next 3 ingredients in a small bowl; stir well.
- ☐ Add garlic; stir well.
- ☐ Combine couscous, red pepper, parsley, and celery in a large bowl; add mayonnaise mixture, and toss well. Cover and chill 3 hours.

Nutrition Facts



Properties

Glycemic Index:55.75, Glycemic Load:21.48, Inflammation Score:-8, Nutrition Score:15.116521742033%

Flavonoids

Apigenin: 16.34mg, Apigenin: 16.34mg, Apigenin: 16.34mg, Apigenin: 16.34mg Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg, Quercetin: 0.23mg

Nutrients (% of daily need)

Calories: 205.68kcal (10.28%), Fat: 1.19g (1.83%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 40.4g (13.47%), Net Carbohydrates: 36.99g (13.45%), Sugar: 2.23g (2.48%), Cholesterol: 0.63mg (0.21%), Sodium: 243.56mg (10.59%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.31g (16.61%), Vitamin K: 128.27µg (122.16%), Vitamin C: 48.15mg (58.37%), Vitamin A: 1536.18IU (30.72%), Manganese: 0.53mg (26.27%), Vitamin B3: 3.16mg (15.82%), Fiber: 3.41g (13.64%), Phosphorus: 125.06mg (12.51%), Vitamin B6: 0.24mg (11.82%), Copper: 0.19mg (9.75%), Folate: 35.4µg (8.85%), Potassium: 300.93mg (8.6%), Iron: 1.43mg (7.92%), Magnesium: 30.12mg (7.53%), Vitamin B1: 0.11mg (7.17%), Vitamin B5: 0.72mg (7.15%), Vitamin B2: 0.1mg (6.11%), Zinc: 0.69mg (4.63%), Calcium: 42.93mg (4.29%), Vitamin E: 0.52mg (3.5%), Selenium: 1.08µg (1.55%), Vitamin B12: 0.09µg (1.48%)