



Couscous Salad with Dried Fruits

 Vegetarian  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



250 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.1 teaspoon pepper black freshly ground
- 1 cup cherry tomatoes halved
- 1 cup couscous uncooked
- 0.3 cup dates pitted chopped
- 0.3 cup apricots dried chopped
- 1.5 cups less-sodium chicken broth fat-free
- 0.3 cup mint leaves fresh coarsely chopped
- 0.3 cup golden raisins

- 2 tablespoons olives green chopped
- 2 tablespoons green onions chopped
- 1 Dash ground allspice
- 1 Dash ground cinnamon
- 0.5 teaspoon ground coriander
- 0.5 teaspoon ground cumin
- 0.1 teaspoon ground ginger
- 0.3 teaspoon ground turmeric
- 1 teaspoon hungarian paprika hot
- 3 tablespoons juice of lemon fresh
- 2 tablespoons olive oil divided
- 0.8 cup onion chopped
- 0.5 teaspoon salt
- 0.3 cup slivered almonds toasted

Equipment

- bowl
- sauce pan

Directions

- Heat 1 tablespoon oil in a medium saucepan over medium-high heat.
- Add 3/4 cup onion; saut 5 minutes or until tender.
- Add paprika and next 7 ingredients (paprika through allspice); cook 30 seconds, stirring constantly.
- Add broth; bring to a boil. Gradually stir in couscous.
- Remove from heat. Cover and let stand 5 minutes. Fluff couscous with a fork.
- Place couscous in a large bowl.
- Add 1 tablespoon oil, tomatoes, and remaining ingredients; toss well.
- Serve warm or at room temperature.

Nutrition Facts

PROTEIN 9.6% FAT 27.43% CARBS 62.97%

Properties

Glycemic Index:58.84, Glycemic Load:19.83, Inflammation Score:-8, Nutrition Score:8.8765217480452%

Flavonoids

Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg, Cyanidin: 0.21mg Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg, Catechin: 0.06mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg, Eriodictyol: 0.96mg Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg, Hesperetin: 1.28mg Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg, Naringenin: 0.12mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg, Isorhamnetin: 1.12mg Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg, Kaempferol: 0.34mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg, Quercetin: 4.69mg

Nutrients (% of daily need)

Calories: 250.39kcal (12.52%), Fat: 7.92g (12.18%), Saturated Fat: 0.96g (6%), Carbohydrates: 40.91g (13.64%), Net Carbohydrates: 36.55g (13.29%), Sugar: 12.4g (13.77%), Cholesterol: 0mg (0%), Sodium: 477.31mg (20.75%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.23g (12.47%), Manganese: 0.54mg (26.93%), Fiber: 4.36g (17.42%), Vitamin E: 2.45mg (16.3%), Vitamin C: 11.5mg (13.94%), Vitamin A: 597.06IU (11.94%), Copper: 0.23mg (11.47%), Phosphorus: 110.47mg (11.05%), Potassium: 374.51mg (10.7%), Magnesium: 41.39mg (10.35%), Vitamin B3: 2.05mg (10.25%), Iron: 1.55mg (8.6%), Vitamin K: 8.72µg (8.3%), Vitamin B2: 0.13mg (7.64%), Vitamin B6: 0.15mg (7.27%), Vitamin B1: 0.09mg (6.06%), Vitamin B5: 0.6mg (6.05%), Folate: 22.58µg (5.65%), Calcium: 52.95mg (5.3%), Zinc: 0.59mg (3.96%), Selenium: 2.16µg (3.09%), Vitamin B12: 0.11µg (1.89%)