



Couscous Salad with Honey-Mustard Chicken

 Dairy Free

READY IN



120 min.

SERVINGS



4

CALORIES



437 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.8 cup couscous uncooked
- ☐ 1 serving water
- ☐ 1 cup grapes red seedless cut in half
- ☐ 0.3 cup spring onion sliced
- ☐ 0.3 cup slivered almonds toasted
- ☐ 2 tablespoons olive oil
- ☐ 2 teaspoons lemon zest grated
- ☐ 2 tablespoons juice of lemon fresh

- ☐ 1 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 3 tablespoons honey
- ☐ 3 tablespoons dijon mustard
- ☐ 0.3 teaspoon salt
- ☐ 0.3 teaspoon pepper
- ☐ 4 chicken breast halves boneless skinless

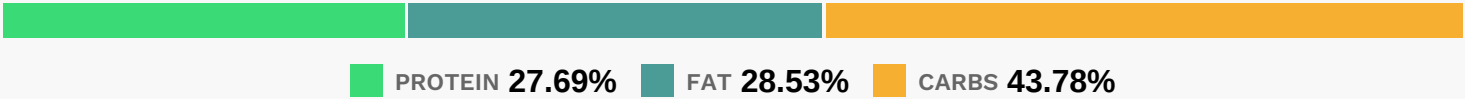
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ oven
- ☐ baking pan
- ☐ aluminum foil

Directions

- ☐ Cook couscous in water as directed on package. Cool uncovered for 20 minutes.
- ☐ In large bowl, combine all remaining salad ingredients.
- ☐ Add cooked couscous; toss gently to mix.
- ☐ In small jar with tight-fitting lid, combine all dressing ingredients; shake well.
- ☐ Pour dressing over salad; toss gently. Cover; refrigerate 1 to 2 hours to blend flavors.
- ☐ Heat oven to 425°F. Line shallow baking pan with foil; spray foil with nonstick cooking spray. In small bowl, combine honey, mustard, 1/4 teaspoon salt and 1/4 teaspoon pepper; blend well.
- ☐ Place chicken breast halves in sprayed foil-lined pan.
- ☐ Spread chicken with half of honey-mustard mixture.
- ☐ Bake at 425°F. for 20 to 25 minutes or until chicken is fork-tender and juices run clear.
- ☐ To serve, arrange salad on individual serving plates.
- ☐ Cut chicken crosswise into slices; arrange on top of salads.
- ☐ Drizzle remaining honey-mustard mixture over chicken.

Nutrition Facts



Properties

Glycemic Index:75.32, Glycemic Load:25.25, Inflammation Score:-5, Nutrition Score:18.997825912807%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg, Catechin: 0.09mg Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg, Epigallocatechin: 0.17mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg, Eriodictyol: 0.38mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg, Naringenin: 0.13mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg, Isorhamnetin: 0.18mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg, Quercetin: 0.72mg

Nutrients (% of daily need)

Calories: 437.29kcal (21.86%), Fat: 13.98g (21.51%), Saturated Fat: 1.96g (12.24%), Carbohydrates: 48.28g (16.09%), Net Carbohydrates: 44.6g (16.22%), Sugar: 19.61g (21.79%), Cholesterol: 72.32mg (24.11%), Sodium: 990.52mg (43.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 30.54g (61.08%), Vitamin B3: 13.36mg (66.81%), Selenium: 40.49µg (57.85%), Vitamin B6: 0.94mg (47.25%), Phosphorus: 348.67mg (34.87%), Manganese: 0.56mg (27.76%), Vitamin K: 23.47µg (22.35%), Vitamin B5: 2.13mg (21.3%), Vitamin E: 3.11mg (20.75%), Potassium: 648.71mg (18.53%), Magnesium: 73.12mg (18.28%), Vitamin B2: 0.26mg (15.44%), Fiber: 3.67g (14.7%), Copper: 0.26mg (13.14%), Vitamin B1: 0.19mg (12.83%), Vitamin C: 8.06mg (9.76%), Iron: 1.58mg (8.76%), Zinc: 1.31mg (8.73%), Folate: 21.51µg (5.38%), Calcium: 53.09mg (5.31%), Vitamin B12: 0.23µg (3.77%), Vitamin A: 131.5IU (2.63%)