



Couscous Salad with Radicchio and Pistachios

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



10

CALORIES



256 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup balsamic vinegar
- 3 tablespoons olive oil extra-virgin
- 1 pound orzo pasta (see notes)
- 0.5 cup parsley chopped
- 0.5 cup roasted pistachios shelled chopped
- 0.3 cup simple preserved lemons minced
- 8 oz radicchio thinly cored rinsed thinly sliced

10 servings salt and pepper

Equipment

bowl

frying pan

Directions

In a 5- to 6-quart pan over high heat, bring about 4 quarts water to a boil.

Add couscous and cook just until tender to bite, about 6 minutes (10 for orzo).

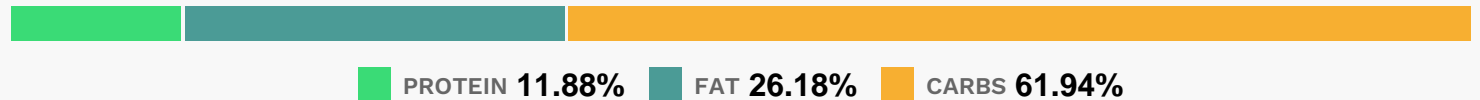
Drain and rinse under cold running water until cool.

Meanwhile, in a large bowl, mix vinegar and olive oil.

Add couscous, radicchio, pistachios, parsley, and preserved lemon.

Mix gently to coat, adding salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:16.5, Glycemic Load:22.12, Inflammation Score:-5, Nutrition Score:11.212173884333%

Flavonoids

Cyanidin: 29.25mg, Cyanidin: 29.25mg, Cyanidin: 29.25mg, Cyanidin: 29.25mg Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg, Delphinidin: 1.74mg Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg, Catechin: 0.22mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 8.65mg, Luteolin: 8.65mg, Luteolin: 8.65mg, Luteolin: 8.65mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg, Quercetin: 7.24mg

Nutrients (% of daily need)

Calories: 255.86kcal (12.79%), Fat: 7.38g (11.35%), Saturated Fat: 1g (6.24%), Carbohydrates: 39.29g (13.1%), Net Carbohydrates: 35.9g (13.05%), Sugar: 1.77g (1.97%), Cholesterol: 0mg (0%), Sodium: 206.61mg (8.98%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 7.54g (15.08%), Vitamin K: 109.56µg (104.34%), Manganese: 0.47mg (23.63%), Fiber: 3.48g (13.93%), Copper: 0.28mg (13.78%), Phosphorus: 119.27mg (11.93%), Vitamin B1: 0.13mg (8.91%), Vitamin B3: 1.76mg (8.8%), Vitamin E: 1.28mg (8.54%), Vitamin B6: 0.17mg (8.5%), Magnesium: 32.62mg (8.15%), Folate: 30.38µg (7.59%), Vitamin C: 6.15mg (7.45%), Vitamin B5: 0.67mg (6.69%), Potassium: 230.67mg (6.59%), Iron: 1.12mg (6.21%), Vitamin A: 284.37IU (5.69%), Zinc: 0.69mg (4.6%), Vitamin B2: 0.05mg (3.21%), Calcium: 27.68mg (2.77%)