



Couscous Salad with Roasted Chicken

 Dairy Free  Very Healthy

READY IN



10 min.

SERVINGS



4

CALORIES



229 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 cup couscous uncooked
- ☐ 1 cup cucumber english chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 1 cup parsley fresh chopped
- ☐ 1 garlic clove minced
- ☐ 1 cup grape tomatoes halved
- ☐ 4 green onions chopped
- ☐ 0.3 cup juice of lemon fresh

- ☐ 2 tablespoons olive oil
- ☐ 1.5 cups roasted chicken breast chopped
- ☐ 0.3 teaspoon salt

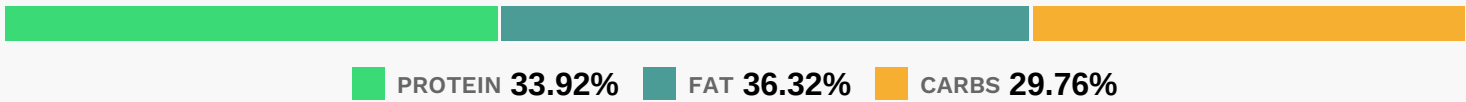
Equipment

- ☐ bowl
- ☐ whisk

Directions

- ☐ Prepare couscous according to package directions, omitting salt and fat. Fluff couscous with a fork.
- ☐ Combine couscous, chicken, and next 6 ingredients in a large bowl. Set aside.
- ☐ Combine lemon juice, olive oil, and salt in a small bowl; stir well with a whisk.
- ☐ Pour dressing over couscous mixture; toss gently.
- ☐ Serve with: Greek Pita Chips

Nutrition Facts



Properties

Glycemic Index:49.25, Glycemic Load:7.57, Inflammation Score:-9, Nutrition Score:17.726521723944%

Flavonoids

Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg, Eriodictyol: 1.61mg Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg, Hesperetin: 2.49mg Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg, Naringenin: 0.46mg Apigenin: 32.48mg, Apigenin: 32.48mg, Apigenin: 32.48mg, Apigenin: 32.48mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg, Myricetin: 2.29mg Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg, Quercetin: 1.62mg

Nutrients (% of daily need)

Calories: 229kcal (11.45%), Fat: 9.28g (14.27%), Saturated Fat: 1.57g (9.82%), Carbohydrates: 17.11g (5.7%), Net Carbohydrates: 14.71g (5.35%), Sugar: 2.21g (2.46%), Cholesterol: 44.63mg (14.88%), Sodium: 199.63mg (8.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.49g (38.99%), Vitamin K: 282.43µg (268.98%), Vitamin C:

35.07mg (42.51%), Vitamin B3: 8.28mg (41.38%), Vitamin A: 1852.32IU (37.05%), Selenium: 14.78µg (21.11%), Vitamin B6: 0.41mg (20.59%), Phosphorus: 176.95mg (17.69%), Manganese: 0.28mg (13.77%), Potassium: 435.87mg (12.45%), Folate: 49.15µg (12.29%), Iron: 2.19mg (12.17%), Magnesium: 42.3mg (10.58%), Vitamin E: 1.56mg (10.4%), Fiber: 2.39g (9.57%), Vitamin B5: 0.89mg (8.89%), Vitamin B1: 0.11mg (7.2%), Vitamin B2: 0.12mg (7.16%), Copper: 0.14mg (7.02%), Zinc: 1.02mg (6.77%), Calcium: 57.83mg (5.78%), Vitamin B12: 0.18µg (2.98%)