



Couscous Salad with Turkey and Arugula

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



698 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 5 ounces arugula washed and chopped 3 cups
- ☐ 2 carrots grated
- ☐ 1.3 cups couscous
- ☐ 0.5 teaspoon fresh-ground pepper black
- ☐ 0.3 cup juice of lemon from 1 lemon
- ☐ 6 tablespoons olive oil
- ☐ 0.3 cup raisins
- ☐ 1 teaspoon salt

- ☐ 1.5 pounds turkey cooked thin
- ☐ 0.3 cup walnuts
- ☐ 2 cups water

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ In a medium saucepan, bring the water and 1/2 teaspoon of the salt to a boil. Stir in the couscous and raisins. Cover, remove from the heat, and let stand for 5 minutes.
- ☐ Transfer the couscous and raisins to a large bowl to cool.
- ☐ Meanwhile, in a small frying pan, toast the walnuts over moderately low heat, stirring frequently, until golden brown, about 5 minutes. Or toast the nuts in a 350 oven for 10 minutes.
- ☐ Remove the nuts from the pan and chop them.
- ☐ In a large glass or stainless-steel bowl, whisk together the lemon juice, 1/4 teaspoon of the salt, and the pepper.
- ☐ Add the oil slowly, whisking.
- ☐ Toss the carrots, the toasted nuts, the turkey, the arugula, and the remaining 1/4 teaspoon salt with the cooled couscous. Toss the salad into the dressing.
- ☐ Variations:: Substitute three cups of shredded watercress or spinach leaves for the arugula.
- ☐ Wine Recommendation: It may surprise you to learn that Germany and Austria make good red wines, racy with brilliantly pure berry flavors. Look for Germany's dornfelder or Austria's Zweigelt for a brisk change of pace.

Nutrition Facts



Properties

Glycemic Index:63.66, Glycemic Load:33.61, Inflammation Score:-10, Nutrition Score:29.320869528729%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg, Eriodictyol: 0.74mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg, Isorhamnetin: 1.52mg Kaempferol: 12.44mg, Kaempferol: 12.44mg, Kaempferol: 12.44mg, Kaempferol: 12.44mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 697.63kcal (34.88%), Fat: 34.95g (53.78%), Saturated Fat: 5.4g (33.74%), Carbohydrates: 60.9g (20.3%), Net Carbohydrates: 55.01g (20%), Sugar: 2.88g (3.21%), Cholesterol: 86.95mg (28.98%), Sodium: 763.13mg (33.18%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 36.56g (73.11%), Vitamin A: 6008.11IU (120.16%), Vitamin B3: 11.9mg (59.48%), Vitamin K: 55.97µg (53.3%), Manganese: 1.02mg (51.1%), Vitamin B6: 0.94mg (46.88%), Phosphorus: 392.56mg (39.26%), Selenium: 26.44µg (37.77%), Copper: 0.49mg (24.64%), Vitamin B12: 1.47µg (24.56%), Magnesium: 97.45mg (24.36%), Vitamin E: 3.58mg (23.87%), Fiber: 5.89g (23.55%), Potassium: 756.66mg (21.62%), Zinc: 3.21mg (21.43%), Vitamin B2: 0.36mg (20.94%), Vitamin B5: 2.02mg (20.19%), Folate: 73.17µg (18.29%), Iron: 3.03mg (16.81%), Vitamin C: 13.8mg (16.72%), Vitamin B1: 0.24mg (15.89%), Calcium: 112.97mg (11.3%), Vitamin D: 0.36µg (2.42%)