



Couscous-Turkey Salad

READY IN



45 min.

SERVINGS



6

CALORIES



176 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup celery thinly sliced
- 0.8 cup couscous uncooked
- 1 teaspoon dijon mustard
- 0.3 cup less-sodium chicken broth fat-free
- 0.3 cup green onions sliced
- 0.3 teaspoon coarsely ground pepper black
- 0.3 cup mayonnaise light
- 0.8 cup peas green frozen thawed
- 0.3 teaspoon salt

- 0.3 cup cup heavy whipping cream fat-free sour
- 2 cups turkey cooked chopped
- 1 cup water

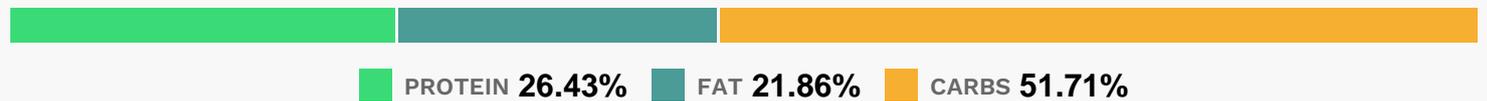
Equipment

- bowl
- sauce pan
- whisk

Directions

- Bring the water to a boil in a medium saucepan, and gradually stir in the couscous.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Combine couscous, turkey, celery, peas, and onions in a large bowl.
- Combine mayonnaise and remaining ingredients; stir well with a whisk.
- Add to couscous mixture; toss well. Cover and chill at least 2 hours.

Nutrition Facts



Properties

Glycemic Index:39.56, Glycemic Load:11.01, Inflammation Score:-4, Nutrition Score:8.4104348550672%

Flavonoids

Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg, Apigenin: 0.36mg Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

Nutrients (% of daily need)

Calories: 176.21kcal (8.81%), Fat: 4.23g (6.5%), Saturated Fat: 0.85g (5.34%), Carbohydrates: 22.5g (7.5%), Net Carbohydrates: 20.02g (7.28%), Sugar: 1.71g (1.9%), Cholesterol: 26.21mg (8.74%), Sodium: 288.38mg (12.54%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.5g (23%), Vitamin K: 21.98µg (20.93%), Vitamin B3: 3.79mg (18.95%), Manganese: 0.28mg (14.13%), Vitamin B6: 0.27mg (13.45%), Phosphorus: 134.12mg (13.41%), Selenium: 8.71µg (12.44%), Vitamin C: 8.43mg (10.22%), Fiber: 2.48g (9.93%), Vitamin B2: 0.13mg (7.63%), Vitamin B12: 0.45µg

(7.53%), Vitamin B1: 0.11mg (7.41%), Zinc: 1.09mg (7.29%), Magnesium: 28.18mg (7.05%), Folate: 27.23µg (6.81%),
Copper: 0.13mg (6.6%), Potassium: 219.14mg (6.26%), Vitamin B5: 0.61mg (6.11%), Vitamin A: 287.46IU (5.75%), Iron:
0.92mg (5.11%), Calcium: 36.47mg (3.65%), Vitamin E: 0.32mg (2.12%)