



Couscous with Artichokes, Feta, and Sun-Dried Tomatoes

READY IN



45 min.

SERVINGS



6

CALORIES



421 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 3 cups chicken breast cooked chopped
- 2 ounces feta cheese crumbled
- 1 cup flat-leaf parsley fresh chopped
- 1.8 cups israeli couscous uncooked
- 12 ounce marinated artichoke hearts undrained
- 0.5 cup sun-dried tomatoes
- 14.5 ounce vegetable broth canned

2.3 cups water divided

Equipment

bowl

sauce pan

microwave

Directions

Combine 2 cups water and tomatoes in a microwave-safe bowl. Microwave at high 3 minutes or until water boils; cover and let stand 10 minutes or until soft.

Drain and chop; set aside.

Place 1/3 cup water and vegetable broth in a large saucepan; bring to a boil. Stir in couscous. Cover, reduce heat, and simmer 8 minutes or until tender.

Remove from heat; stir in tomatoes and remaining ingredients.

Nutrition Facts



Properties

Glycemic Index:38.5, Glycemic Load:25.28, Inflammation Score:-9, Nutrition Score:22.817391369654%

Flavonoids

Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg, Apigenin: 21.55mg Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg, Luteolin: 0.11mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg, Myricetin: 1.48mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 421.33kcal (21.07%), Fat: 10.31g (15.86%), Saturated Fat: 2.64g (16.52%), Carbohydrates: 48.5g (16.17%), Net Carbohydrates: 43.39g (15.78%), Sugar: 4.68g (5.2%), Cholesterol: 67.91mg (22.64%), Sodium: 674.04mg (29.31%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 31.59g (63.17%), Vitamin K: 168.46µg (160.44%), Vitamin B3: 12.39mg (61.97%), Vitamin C: 28.8mg (34.91%), Vitamin A: 1690.47IU (33.81%), Phosphorus: 314.8mg (31.48%), Selenium: 21.26µg (30.37%), Manganese: 0.6mg (29.97%), Vitamin B6: 0.55mg (27.73%), Fiber: 5.11g (20.43%), Potassium: 638.78mg (18.25%), Iron: 3.2mg (17.76%), Magnesium: 67.89mg (16.97%), Vitamin B5: 1.62mg (16.19%), Copper: 0.32mg (16.07%), Vitamin B2: 0.25mg (14.9%), Vitamin B1: 0.2mg (13.46%), Zinc: 1.69mg (11.24%),

Calcium: 107.41mg (10.74%), Folate: 37.25µg (9.31%), Vitamin B12: 0.4µg (6.63%), Vitamin E: 0.28mg (1.89%)