



Couscous with Chicken, Chickpeas and Apricots

 Dairy Free

READY IN



20 min.

SERVINGS



4

CALORIES



540 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds toasted sliced
- ☐ 15 oz garbanzo beans drained and rinsed canned
- ☐ 2 cups chicken shredded boneless skinless cooked
- ☐ 1 cup couscous
- ☐ 0.5 cup apricot dried chopped
- ☐ 0.5 teaspoon ground cumin
- ☐ 0.3 cup juice of lemon

- ☐ 1.5 cups chicken broth low-sodium
- ☐ 8 cups the salad mixed chopped
- ☐ 0.3 cup olive oil
- ☐ 4 servings salt
- ☐ 3 spring onion light white green finely chopped

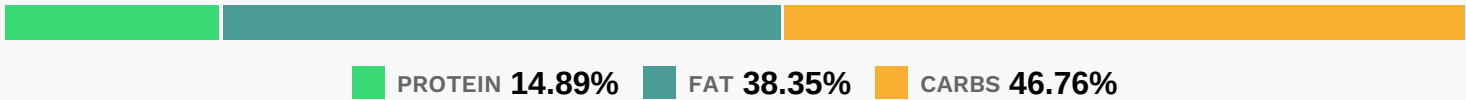
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a medium saucepan, bring broth to a boil. Stir in couscous and 1/2 tsp. salt; cover and remove from heat.
- ☐ Let stand until couscous is tender, about 5 minutes.
- ☐ Transfer to a bowl, fluff with a fork and let cool slightly.
- ☐ Whisk together oil, lemon juice and cumin.
- ☐ Pour over couscous and toss to coat. Stir in chicken, chickpeas, almonds, apricots and scallions. Season with salt and serve over lettuce.

Nutrition Facts



Properties

Glycemic Index:46.43, Glycemic Load:27.45, Inflammation Score:-9, Nutrition Score:22.36478292942%

Flavonoids

Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg, Cyanidin: 0.14mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg, Eriodictyol: 0.76mg Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg, Hesperetin: 2.21mg Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg, Naringenin: 0.24mg

Naringenin: 0.24mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg, Isorhamnetin: 0.15mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg, Quercetin: 1.04mg

Nutrients (% of daily need)

Calories: 540.41kcal (27.02%), Fat: 23.58g (36.28%), Saturated Fat: 3.7g (23.12%), Carbohydrates: 64.71g (21.57%), Net Carbohydrates: 55.65g (20.24%), Sugar: 9.64g (10.71%), Cholesterol: 20.34mg (6.78%), Sodium: 563.96mg (24.52%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 20.6g (41.19%), Manganese: 1.52mg (76.22%), Vitamin B6: 0.76mg (38.15%), Fiber: 9.05g (36.2%), Vitamin A: 1642.24IU (32.84%), Vitamin C: 26.88mg (32.58%), Phosphorus: 301.18mg (30.12%), Vitamin B3: 5.85mg (29.23%), Vitamin E: 4.28mg (28.54%), Vitamin K: 27.68µg (26.36%), Copper: 0.49mg (24.74%), Potassium: 765.69mg (21.88%), Magnesium: 87.2mg (21.8%), Iron: 3.74mg (20.79%), Folate: 79.44µg (19.86%), Vitamin B2: 0.24mg (13.92%), Vitamin B5: 1.34mg (13.36%), Zinc: 2mg (13.35%), Vitamin B1: 0.17mg (11.28%), Selenium: 7.03µg (10.04%), Calcium: 98.89mg (9.89%), Vitamin B12: 0.17µg (2.88%)