



Cranberry-Couscous Salad

 Vegetarian  Dairy Free

READY IN



19 min.

SERVINGS



6

CALORIES



303 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup almonds toasted sliced
- 0.3 cup canola oil
- 1.5 cups chicken broth
- 1 cup couscous uncooked
- 0.5 cup cranberries dried
- 2 tablespoons mint leaves fresh chopped
- 0.3 cup green onions chopped
- 1 teaspoon ground cinnamon

- 0.3 teaspoon ground cumin
- 1 leaf lettuce leaves red
- 2 tablespoons rice vinegar

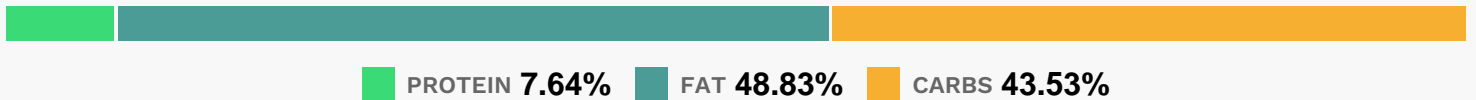
Equipment

- sauce pan
- whisk

Directions

- Combine first 4 ingredients in a medium saucepan; bring to a boil.
- Remove from heat, and stir in couscous. Cover and let stand 5 minutes. Fluff with a fork; let cool, uncovered.
- Whisk oil and vinegar; pour vinaigrette over couscous.
- Add almonds, green onions, and mint; toss well.
- Serve at room temperature or chilled over red leaf lettuce.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:13.74, Inflammation Score:-3, Nutrition Score:7.5973913235509%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg, Catechin: 0.1mg Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg, Epigallocatechin: 0.2mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.53mg, Eriodictyol: 0.53mg, Eriodictyol: 0.53mg Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg, Hesperetin: 0.17mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg, Apigenin: 0.09mg Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg, Luteolin: 0.21mg Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg, Isorhamnetin: 0.2mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg, Myricetin: 0.24mg Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg, Quercetin: 1.08mg

Quercetin: 1.08mg

Nutrients (% of daily need)

Calories: 302.51kcal (15.13%), Fat: 16.74g (25.75%), Saturated Fat: 1.27g (7.91%), Carbohydrates: 33.57g (11.19%), Net Carbohydrates: 30.17g (10.97%), Sugar: 8.06g (8.96%), Cholesterol: 1.17mg (0.39%), Sodium: 223.16mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Vitamin E: 4.42mg (29.45%), Manganese: 0.55mg (27.34%), Vitamin K: 21.25µg (20.24%), Fiber: 3.4g (13.6%), Magnesium: 37.4mg (9.35%), Phosphorus: 93.21mg (9.32%), Vitamin B2: 0.16mg (9.23%), Copper: 0.18mg (8.88%), Vitamin B3: 1.53mg (7.67%), Vitamin B1: 0.08mg (5.44%), Iron: 0.93mg (5.16%), Vitamin B5: 0.43mg (4.33%), Calcium: 43.35mg (4.33%), Potassium: 147.76mg (4.22%), Zinc: 0.58mg (3.87%), Folate: 14.69µg (3.67%), Vitamin A: 141.82IU (2.84%), Vitamin B6: 0.05mg (2.63%), Vitamin C: 1.64mg (1.99%)