



Cranberry-Couscous Salad

 Vegetarian  Dairy Free

READY IN



30 min.

SERVINGS



6

CALORIES



302 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup almonds toasted sliced
- 0.3 cup canola oil
- 1.5 cups chicken broth (from 32-oz carton)
- 1 cup couscous uncooked
- 2 tablespoons mint leaves fresh chopped
- 0.3 cup spring onion chopped (5 medium)
- 1 teaspoon ground cinnamon
- 0.3 teaspoon ground cumin

- 2 tablespoons rice vinegar
- 0.5 cup cranberries dried sweetened

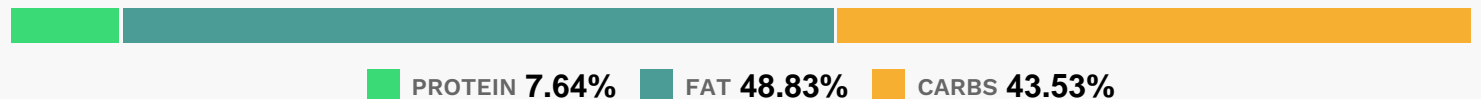
Equipment

- bowl
- sauce pan
- whisk

Directions

- In 2-quart saucepan, heat broth, cranberries, cinnamon and cumin to boiling.
- Remove from heat; stir in couscous. Cover; let stand 15 minutes. Fluff with fork; let stand uncovered until cooled.
- In small bowl, beat oil and vinegar with whisk; pour over couscous.
- Add almonds, onions and mint; toss well.
- Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:27.83, Glycemic Load:13.74, Inflammation Score:-3, Nutrition Score:7.5813043720048%

Flavonoids

Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg, Cyanidin: 0.25mg Delphinidin: 0.01mg, 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, 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: 302.49kcal (15.12%), 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: 223.11mg (9.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.89g (11.78%), Vitamin E: 4.42mg (29.45%), Manganese: 0.55mg (27.31%), Vitamin K: 21.25µg (20.24%), Fiber: 3.4g (13.6%), Magnesium: 37.38mg (9.35%), Phosphorus: 93.17mg (9.32%), Vitamin B2: 0.16mg (9.22%), Copper: 0.18mg (8.88%), Vitamin B3: 1.53mg (7.67%), Vitamin B1: 0.08mg (5.43%), Iron: 0.93mg (5.15%), Vitamin B5: 0.43mg (4.33%), Calcium: 43.29mg (4.33%), Potassium: 147.43mg (4.21%), Zinc: 0.58mg (3.87%), Folate: 14.62µg (3.66%), Vitamin B6: 0.05mg (2.62%), Vitamin A: 129.48IU (2.59%), Vitamin C: 1.61mg (1.96%)