



Curried Chickpea And Couscous Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



417 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 5.6 ounce couscous with toasted pine nuts (such as near east)
- ☐ 4 teaspoons curry powder
- ☐ 0.5 cup green onions sliced
- ☐ 6 tablespoons honey-mustard salad dressing light (such as Maple Grove Farms)
- ☐ 0.5 teaspoon pepper

Equipment

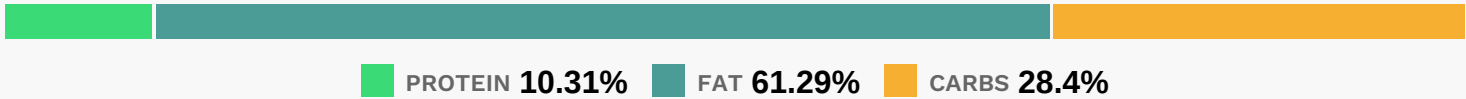
- ☐ bowl

☐ baking sheet

Directions

- ☐ Cook couscous according to package directions, omitting salt and fat; spread on a baking sheet, and let cool completely.
- ☐ Combine couscous, chickpeas, and remaining 4 ingredients in a large bowl; stir well. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:27.33, Glycemic Load:4.14, Inflammation Score:-7, Nutrition Score:19.99434805953%

Flavonoids

Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg, Kaempferol: 0.17mg Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg, Quercetin: 1.34mg

Nutrients (% of daily need)

Calories: 416.79kcal (20.84%), Fat: 29.53g (45.43%), Saturated Fat: 2.21g (13.84%), Carbohydrates: 30.78g (10.26%), Net Carbohydrates: 23.58g (8.58%), Sugar: 6.27g (6.97%), Cholesterol: 0mg (0%), Sodium: 411.93mg (17.91%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.18g (22.35%), Manganese: 4.5mg (225.04%), Vitamin K: 49.67µg (47.31%), Copper: 0.72mg (35.83%), Magnesium: 136.33mg (34.08%), Phosphorus: 325.26mg (32.53%), Fiber: 7.2g (28.79%), Vitamin B6: 0.57mg (28.58%), Vitamin E: 4.21mg (28.09%), Iron: 4.3mg (23.91%), Zinc: 3.43mg (22.84%), Potassium: 458.72mg (13.11%), Folate: 51.19µg (12.8%), Vitamin B1: 0.19mg (12.71%), Vitamin B3: 2.02mg (10.09%), Vitamin B2: 0.12mg (7.18%), Calcium: 63.23mg (6.32%), Vitamin B5: 0.46mg (4.55%), Selenium: 2.83µg (4.05%), Vitamin C: 3mg (3.64%), Vitamin A: 173.17IU (3.46%)