



Curried Couscous Salad

READY IN

ready

60 min.

SERVINGS

servings

6

CALORIES

calories

422 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 medium head cauliflower trimmed cut into 1/2 to 1-inch pieces
- ☐ 10 ounce couscous
- ☐ 1 pieces piece cucumber peeled seeded chopped 4-inch
- ☐ 1.5 tablespoons mild curry powder recommended: Spice Islands
- ☐ 1.5 teaspoons mild curry powder recommended: Spice Islands
- ☐ 0.8 cup cranberries dried
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup greek yogurt
- ☐ 6 servings kosher salt and pepper black freshly ground

- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 large lemon zest
- ☐ 2 cups chicken broth low-sodium
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 0.5 cup roasted and lightly cashews salted coarsely chopped
- ☐ 0.5 teaspoon salt

Equipment

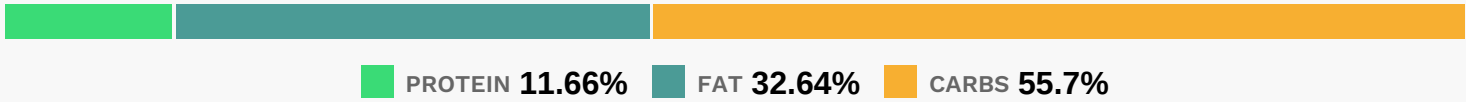
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ pot

Directions

- ☐ Watch how to make this recipe.
- ☐ Cauliflower: Put an oven rack in the center of the oven. Preheat the oven to 400 degrees F. Spray a baking sheet liberally with vegetable oil cooking spray. Set aside.
- ☐ In a medium bowl, toss the cauliflower and olive oil together until coated. Put in a single layer on the prepared baking sheet and season with salt and pepper, to taste. Roast until golden and tender, about 25 to 30 minutes. Set aside to cool for 10 minutes.
- ☐ Salad: In a medium saucepan, bring the chicken broth, curry powder and salt to a boil over medium-high heat.
- ☐ Remove the pan from the heat and stir in the couscous. Cover the pot and allow the couscous to absorb the liquid, about 5 to 7 minutes. Fluff the couscous with a fork and transfer it to a large serving bowl. Stir in the cooked cauliflower, cranberries, cashews, cucumber, parsley, and lemon zest. Refrigerate until ready to serve.
- ☐ Dressing: In a small bowl, whisk together the yogurt, olive oil and curry powder until smooth.

- ☐ Whisk in the lemon juice and season with salt and pepper, to taste.
- ☐ Just before serving, add the dressing to the salad and toss well to coat.

Nutrition Facts



Properties

Glycemic Index:31, Glycemic Load:23.23, Inflammation Score:-7, Nutrition Score:19.173912763596%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 7.22mg, Apigenin: 7.22mg, Apigenin: 7.22mg, Apigenin: 7.22mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg, Kaempferol: 0.4mg Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg, Myricetin: 0.86mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 422.28kcal (21.11%), Fat: 15.87g (24.41%), Saturated Fat: 2.69g (16.79%), Carbohydrates: 60.92g (20.31%), Net Carbohydrates: 54.58g (19.85%), Sugar: 14.12g (15.69%), Cholesterol: 0.56mg (0.19%), Sodium: 260.67mg (11.33%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.76g (25.51%), Vitamin K: 82.22µg (78.31%), Vitamin C: 54.11mg (65.59%), Manganese: 0.76mg (37.88%), Fiber: 6.35g (25.38%), Copper: 0.48mg (24.18%), Phosphorus: 227.98mg (22.8%), Folate: 82.05µg (20.51%), Magnesium: 74.86mg (18.71%), Vitamin B3: 3.6mg (18.01%), Potassium: 577.99mg (16.51%), Vitamin B6: 0.31mg (15.43%), Vitamin E: 2.27mg (15.15%), Iron: 2.7mg (15.01%), Vitamin B5: 1.46mg (14.6%), Vitamin B2: 0.19mg (10.99%), Vitamin B1: 0.16mg (10.8%), Zinc: 1.57mg (10.44%), Calcium: 70.88mg (7.09%), Vitamin A: 302.43IU (6.05%), Selenium: 3.46µg (4.95%), Vitamin B12: 0.16µg (2.61%)