






 17%
HEALTH SCORE

Curried Couscous Salad with Dried Sweet Cranberries

 Vegetarian  Vegan  Dairy Free

READY IN

20 min.

SERVINGS

4

CALORIES

447 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 5.8 ounce couscous instant
- 1 tablespoon curry powder
- 0.5 juice of lemon juiced
- 0.5 orange juice juiced
- 2 tablespoons olive oil extra virgin extra-virgin
- 2 tablespoons parsley fresh italian chopped
- 4 servings pepper freshly ground

- 1 teaspoon salt
- 3 spring onion trimmed thinly sliced
- 1 teaspoon sugar
- 0.8 cup cranberries dried sweetened
- 0.8 cup walnut pieces toasted chopped

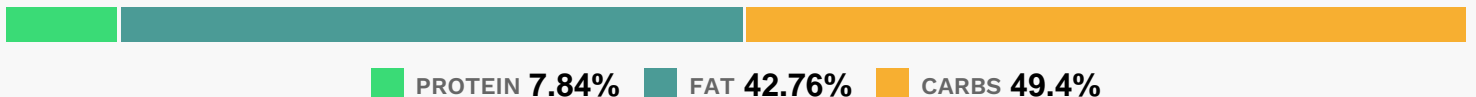
Equipment

- bowl
- baking sheet
- oven

Directions

- Stir the couscous, cranberries, curry powder, salt, and sugar together in a heatproof bowl. Bring water (amount will be listed on package directions) to a boil and pour it over the couscous.
- Add the orange juice. Give it a big stir, cover the bowl tightly and let it stand, giving it a big stir once or twice, until the water is absorbed and the couscous is tender, about 5 minutes.
- Fluff up the couscous with a fork.
- Add the olive oil, scallions, parsley, lemon juice, and walnuts. Stir around until everything is distributed evenly throughout the couscous. Make up to 2 hours ahead of time and keep at room temperature until you're ready to serve. Check the seasonings just before you serve the salad and add salt and pepper, to taste.
- Note: To toast the walnuts, spread them out on a baking sheet and bake in a 400 degree F oven until they turn a shade darker, about 8 minutes.

Nutrition Facts



Properties

Glycemic Index:77.02, Glycemic Load:20.94, Inflammation Score:-5, Nutrition Score:13.715652237768%

Flavonoids

Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg, Cyanidin: 0.73mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg, Hesperetin: 1.44mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg, Apigenin: 4.32mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg, Myricetin: 0.85mg Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg, Quercetin: 2.02mg

Nutrients (% of daily need)

Calories: 446.69kcal (22.33%), Fat: 22.08g (33.98%), Saturated Fat: 2.42g (15.14%), Carbohydrates: 57.41g (19.14%), Net Carbohydrates: 51.83g (18.85%), Sugar: 19.06g (21.18%), Cholesterol: 0mg (0%), Sodium: 590.68mg (25.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.1g (18.22%), Manganese: 1.23mg (61.38%), Vitamin K: 59.63µg (56.79%), Copper: 0.49mg (24.65%), Fiber: 5.58g (22.32%), Phosphorus: 159.06mg (15.91%), Magnesium: 61.5mg (15.38%), Vitamin E: 2.04mg (13.62%), Vitamin C: 10.05mg (12.19%), Folate: 43.85µg (10.96%), Vitamin B1: 0.16mg (10.87%), Iron: 1.94mg (10.8%), Vitamin B6: 0.2mg (10.06%), Vitamin B3: 1.96mg (9.82%), Zinc: 1.17mg (7.78%), Potassium: 255.58mg (7.3%), Vitamin B5: 0.72mg (7.21%), Vitamin A: 293.16IU (5.86%), Calcium: 51.75mg (5.18%), Vitamin B2: 0.09mg (5.17%), Selenium: 1.55µg (2.21%)