



## Feta-Chicken Couscous Salad with Basil

READY IN



16 min.

SERVINGS



4

CALORIES



255 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 2 cups the salad mixed
- 3 tablespoons capers rinsed drained
- 1 cup chicken breast strips/pre-cooked/chopped diced cooked (such as Tyson)
- 1 ounce feta crumbled reduced-fat
- 0.3 cup basil fresh chopped
- 0.3 cup basil fresh chopped
- 1 tablespoon juice of lemon fresh
- 1 teaspoon lemon zest grated
- 1 tablespoon olive oil extra virgin extra-virgin

- 1.3 cups water
- 0.7 cup couscous whole wheat uncooked

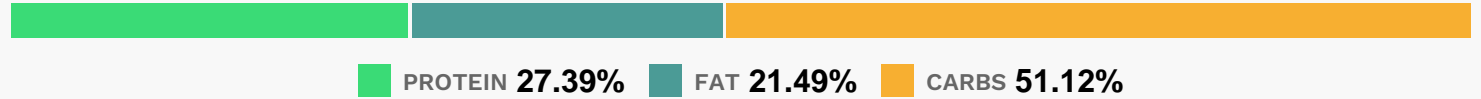
## Equipment

- bowl
- sauce pan

## Directions

- Bring 1 1/4 cups water to a boil in a medium saucepan.
- Add couscous; cover and let stand 5 minutes.
- While couscous stands, combine chicken and next 5 ingredients in a large bowl, tossing gently to coat.
- Fluff couscous with a fork.
- Add couscous, salad greens, and cheese to chicken mixture; toss gently to coat.

## Nutrition Facts



## Properties

Glycemic Index:35, Glycemic Load:0.02, Inflammation Score:-4, Nutrition Score:6.9473913020414%

## Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg, Kaempferol: 7.88mg Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg, Quercetin: 10.37mg

## Nutrients (% of daily need)

Calories: 255.48kcal (12.77%), Fat: 6.42g (9.88%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 34.37g (11.46%), Net Carbohydrates: 30.61g (11.13%), Sugar: 1.09g (1.21%), Cholesterol: 33.55mg (11.18%), Sodium: 264.47mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.41g (36.83%), Vitamin B3: 4.98mg (24.9%), Vitamin K: 16.14µg (15.37%), Fiber: 3.76g (15.05%), Selenium: 9.83µg (14.04%), Vitamin B6: 0.23mg (11.73%), Iron: 1.96mg (10.88%), Vitamin C: 7.53mg (9.13%), Phosphorus: 90.24mg (9.02%), Vitamin A: 401.55IU (8.03%), Vitamin E: 0.68mg (4.55%), Magnesium: 17.29mg (4.32%), Potassium: 139.95mg (4%), Vitamin B5: 0.38mg (3.76%), Manganese:

0.07mg (3.75%), Copper: 0.07mg (3.7%), Vitamin B2: 0.06mg (3.62%), Folate: 13.03µg (3.26%), Calcium: 32.51mg (3.25%), Zinc: 0.45mg (2.97%), Vitamin B1: 0.03mg (2.25%), Vitamin B12: 0.12µg (1.98%)