



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 baby salad greens mixed
- ☐ 3 tablespoons capers rinsed drained
- ☐ 1 cup chicken breast diced cooked (such as Tyson)
- ☐ 1 ounce feta cheese crumbled reduced-fat
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 1 tablespoon olive oil extra-virgin
- ☐ 1.3 cups water

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0.7 cup couscous whole wheat uncooked

Equipment

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bowl

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sauce pan

Directions

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Bring 1 1/4 cups water to a boil in a medium saucepan.

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Add couscous; cover and let stand 5 minutes.

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While couscous stands, combine chicken and next 5 ingredients in a large bowl, tossing gently to coat.

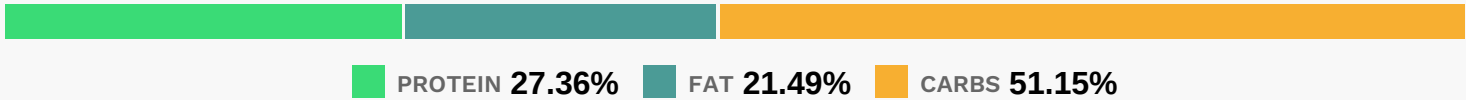
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Fluff couscous with a fork.

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Add couscous, salad greens, and cheese to chicken mixture; toss gently to coat.

Nutrition Facts



Properties

Glycemic Index:17.5, Glycemic Load:0.01, Inflammation Score:-4, Nutrition Score:6.4773912319671%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg 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: 255.14kcal (12.76%), Fat: 6.41g (9.86%), Saturated Fat: 1.36g (8.51%), Carbohydrates: 34.33g (11.44%), Net Carbohydrates: 30.59g (11.13%), Sugar: 1.09g (1.21%), Cholesterol: 33.55mg (11.18%), Sodium: 264.41mg (11.5%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.37g (36.74%), Vitamin B3: 4.97mg (24.84%), Fiber: 3.74g (14.95%), Selenium: 9.82µg (14.03%), Vitamin B6: 0.23mg (11.61%), Iron: 1.91mg (10.61%), Vitamin K: 9.91µg (9.44%), Phosphorus: 89.4mg (8.94%), Vitamin C: 7.26mg (8.81%), Vitamin A: 322.43IU (6.45%), Vitamin E: 0.67mg (4.47%), Magnesium: 16.33mg (4.08%), Potassium: 135.52mg (3.87%), Vitamin B5: 0.37mg (3.73%), Vitamin B2: 0.06mg (3.55%), Copper: 0.07mg (3.41%), Folate: 12.02µg (3%), Calcium: 29.85mg (2.99%), Zinc: 0.43mg (2.89%), Manganese: 0.06mg (2.88%), Vitamin B1: 0.03mg (2.22%), Vitamin B12: 0.12µg (1.98%)