



Fried Couscous Salad

READY IN



58 min.

SERVINGS



4

CALORIES



505 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 10 ounce couscous () (recommended: Near East)
- 0.3 cup basil leaves fresh chopped
- 2 cloves garlic crushed peeled
- 0.5 teaspoon kosher salt
- 2 lemon zest
- 2 cups chicken broth low-sodium
- 0.3 cup olive oil extra-virgin
- 0.3 cup parmesan grated

- 4 ounces pecorino cut into 1/2-inch pieces
- 0.3 cup sun-dried tomatoes chopped
- 1 small or peeled seeded cut into 1/2-inch pieces

Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- For the couscous: In a medium saucepan, bring the chicken broth and salt to a boil over medium-high heat.
- Remove the pan from the heat and stir in the couscous. Cover until the liquid had been absorbed and the couscous is tender, 5 to 6 minutes. Using a fork, fluff the couscous and break up any lumps.
- In a large, nonstick skillet heat 1/4 cup oil over medium heat.
- Add the garlic and cook until golden, 1 to 2 minutes.
- Remove the garlic and discard. Increase the heat to high and add the couscous. Cook, stirring constantly, for 6 minutes. Continue to cook the couscous, stirring every 5 minutes, until toasted, about 25 minutes.
- Transfer the couscous to a large serving bowl and cool for 5 minutes.
- Add the ricotta salata, cucumber, sun-dried tomatoes, Parmesan, and basil.
- For the dressing: In a small bowl, whisk together the oil, lemon juice, lemon zest, salt, and pepper until smooth.
- Pour the dressing over the salad and toss until the couscous is coated.

Nutrition Facts



PROTEIN 14.36% **FAT 35.9%** **CARBS 49.74%**

Properties

Glycemic Index:74, Glycemic Load:34.8, Inflammation Score:-5, Nutrition Score:13.80304352356%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 505.31kcal (25.27%), Fat: 20.25g (31.16%), Saturated Fat: 5.57g (34.84%), Carbohydrates: 63.14g (21.05%), Net Carbohydrates: 58.07g (21.12%), Sugar: 3.56g (3.95%), Cholesterol: 18.71mg (6.24%), Sodium: 466.05mg (20.26%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 18.23g (36.47%), Manganese: 0.77mg (38.53%), Phosphorus: 280.52mg (28.05%), Vitamin B3: 4.81mg (24.05%), Fiber: 5.07g (20.28%), Vitamin K: 20.8µg (19.81%), Copper: 0.38mg (19.19%), Calcium: 177.76mg (17.78%), Potassium: 561.28mg (16.04%), Magnesium: 58.32mg (14.58%), Vitamin E: 2.02mg (13.49%), Vitamin B2: 0.22mg (12.68%), Vitamin B5: 1.23mg (12.31%), Vitamin B1: 0.18mg (11.71%), Iron: 2.07mg (11.51%), Vitamin C: 8.57mg (10.38%), Zinc: 1.45mg (9.67%), Vitamin B6: 0.18mg (8.85%), Selenium: 6.18µg (8.83%), Folate: 29.7µg (7.42%), Vitamin A: 344.94IU (6.9%), Vitamin B12: 0.29µg (4.82%)