



Garden Couscous Salad

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



244 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 cup yogurt plain
- 2 tablespoons vegetable oil
- 0.5 teaspoon salt
- 0.3 teaspoon curry powder
- 2 cups couscous cooked
- 1 cup zucchini sliced
- 1 cup chickpeas rinsed drained (from 15-oz can)
- 0.3 cup bell pepper red chopped

2 tablespoons spring onion sliced

1 serving romaine leaves

Equipment

bowl

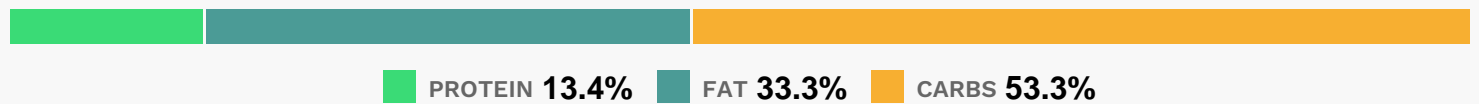
Directions

In small bowl, mix all dressing ingredients.

In large bowl, mix all salad ingredients except lettuce. Stir in dressing. Cover and refrigerate at least 1 hour to blend flavors but no longer than 6 hours.

Serve salad on lettuce.

Nutrition Facts



Properties

Glycemic Index:48.44, Glycemic Load:13.76, Inflammation Score:-7, Nutrition Score:12.47086961697%

Flavonoids

Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 243.91kcal (12.2%), Fat: 9.13g (14.05%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 32.9g (10.97%), Net Carbohydrates: 28g (10.18%), Sugar: 4.77g (5.3%), Cholesterol: 3.98mg (1.33%), Sodium: 316.64mg (13.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.27g (16.54%), Selenium: 23.93µg (34.18%), Manganese: 0.58mg (29.18%), Folate: 100.56µg (25.14%), Vitamin C: 19.81mg (24.02%), Vitamin K: 22.41µg (21.34%), Fiber: 4.9g (19.6%), Vitamin A: 870.35IU (17.41%), Phosphorus: 132.73mg (13.27%), Copper: 0.2mg (10.05%), Iron: 1.79mg (9.96%), Vitamin B6: 0.19mg (9.69%), Potassium: 334.78mg (9.57%), Magnesium: 38.04mg (9.51%), Vitamin B1: 0.13mg (8.86%), Vitamin B2: 0.14mg (8.02%), Zinc: 1.16mg (7.76%), Calcium: 74.14mg (7.41%), Vitamin E: 1.07mg (7.11%), Vitamin B3: 1.29mg (6.43%), Vitamin B5: 0.62mg (6.23%), Vitamin B12: 0.11µg (1.89%)