



Garden Couscous Salad

 Vegetarian

READY IN



75 min.

SERVINGS



4

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups couscous cooked
- 0.3 teaspoon curry powder
- 1 cup chickpeas rinsed drained (from 15-oz can)
- 2 tablespoons spring onion sliced
- 4 servings romaine leaves
- 0.5 cup yogurt plain
- 0.3 cup bell pepper red chopped
- 0.5 teaspoon salt

2 tablespoons vegetable oil

1 cup zucchini sliced

Equipment

bowl

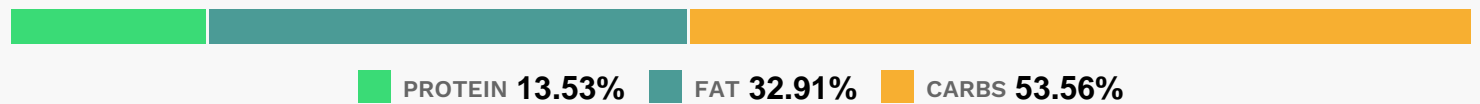
Directions

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:-9, Nutrition Score:14.367391496249%

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: 246.61kcal (12.33%), Fat: 9.13g (14.05%), Saturated Fat: 1.85g (11.55%), Carbohydrates: 33.44g (11.15%), Net Carbohydrates: 28.36g (10.31%), Sugar: 4.95g (5.5%), Cholesterol: 3.98mg (1.33%), Sodium: 321.68mg (13.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.45g (16.9%), Vitamin A: 2203.07IU (44.06%), Selenium: 24.03µg (34.33%), Manganese: 0.64mg (31.88%), Vitamin C: 23.05mg (27.94%), Folate: 107.39µg (26.85%), Vitamin K: 22.41µg (21.34%), Fiber: 5.08g (20.32%), Phosphorus: 137.95mg (13.8%), Iron: 1.95mg (10.86%), Vitamin B6: 0.21mg (10.59%), Potassium: 369.7mg (10.56%), Magnesium: 40.38mg (10.09%), Vitamin B1: 0.15mg (10.06%), Copper: 0.2mg (10.05%), Vitamin B2: 0.15mg (9.08%), Calcium: 80.62mg (8.06%), Zinc: 1.2mg (8%), Vitamin E: 1.12mg (7.47%), Vitamin B3: 1.36mg (6.79%), Vitamin B5: 0.62mg (6.23%), Vitamin B12: 0.11µg (1.89%)