



## Grilled Fennel-Couscous Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



362 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.1 teaspoon pepper black
- 1.5 cups couscous uncooked
- 8 ounce fennel bulb halved
- 0.3 cup parsley fresh chopped
- 0.5 teaspoon ground cumin
- 1 tablespoon juice of lemon
- 1 navel oranges peeled cut into 1/2-inch cubes
- 1 tablespoon olive oil

- 0.3 cup dry-roasted cashews chopped
- 0.5 teaspoon salt
- 2 cups water

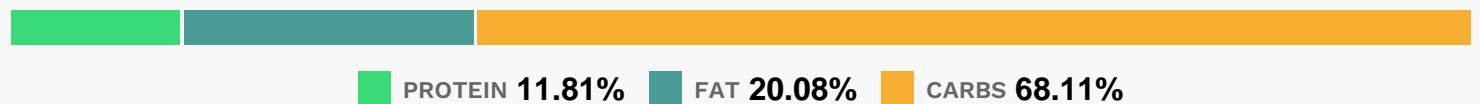
## Equipment

- bowl
- sauce pan
- grill pan

## Directions

- Place a grill pan coated with cooking spray over medium-high heat. Cook the fennel for 3 minutes on each side or until crisp-tender. Cool 5 minutes, and cut into 1/2-inch cubes.
- Combine the fennel, the cashews, and the next 7 ingredients (cashews through orange) in a large bowl, and set aside. Bring the water to a boil in a medium saucepan, and gradually stir in couscous.
- Remove from heat; cover and let stand for 5 minutes. Fluff with a fork.
- Combine couscous with fennel mixture, and toss well.
- Serve chilled or at room temperature.

## Nutrition Facts



## Properties

Glycemic Index:44.75, Glycemic Load:31.66, Inflammation Score:-7, Nutrition Score:16.551304433657%

## Flavonoids

Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg, Eriodictyol: 0.8mg Hesperetin: 8.2mg, Hesperetin: 8.2mg, Hesperetin: 8.2mg, Hesperetin: 8.2mg Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg, Naringenin: 2.54mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

## Nutrients (% of daily need)

Calories: 362.01kcal (18.1%), Fat: 8.15g (12.54%), Saturated Fat: 1.41g (8.82%), Carbohydrates: 62.21g (20.74%), Net Carbohydrates: 56g (20.36%), Sugar: 5.76g (6.41%), Cholesterol: 0mg (0%), Sodium: 336.93mg (14.65%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.79g (21.57%), Vitamin K: 102.3µg (97.43%), Vitamin C: 33.95mg (41.15%), Manganese: 0.72mg (35.93%), Fiber: 6.21g (24.82%), Copper: 0.43mg (21.49%), Phosphorus: 192.46mg (19.25%), Magnesium: 68.61mg (17.15%), Vitamin B3: 2.96mg (14.8%), Potassium: 478.94mg (13.68%), Folate: 52.58µg (13.14%), Iron: 2.1mg (11.69%), Vitamin B5: 1.15mg (11.54%), Vitamin B1: 0.16mg (10.54%), Vitamin A: 482.07IU (9.64%), Zinc: 1.23mg (8.18%), Vitamin B6: 0.15mg (7.7%), Calcium: 74.02mg (7.4%), Vitamin E: 1.01mg (6.71%), Vitamin B2: 0.11mg (6.41%), Selenium: 1.42µg (2.03%)