



Lamb and Couscous Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 1 tablespoon olive oil extravirgin
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.5 teaspoon ground cumin
- ☐ 1 cup israeli couscous uncooked
- ☐ 6 ounces simple roasted leg of lamb chopped
- ☐ 0.5 cup orange juice fresh (1 orange)

- ☐ 3 tablespoons orange rind grated
- ☐ 3 tablespoons pistachios toasted coarsely chopped
- ☐ 0.5 teaspoon salt
- ☐ 2.5 cups water

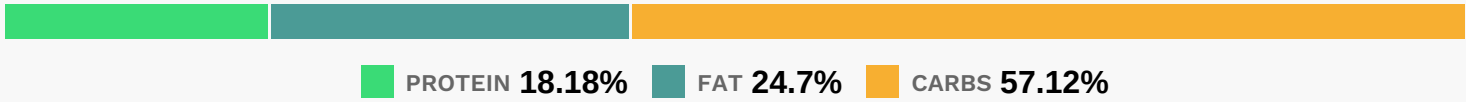
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a medium saucepan; gradually stir in couscous. Cover, reduce heat, and simmer 8 minutes or until al dente.
- ☐ Drain and rinse with cold water; drain.
- ☐ Place couscous in a medium bowl. Stir in Simple Roasted Leg of Lamb and remaining ingredients. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:59, Glycemic Load:22.16, Inflammation Score:-7, Nutrition Score:16.201304311338%

Flavonoids

Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg, Cyanidin: 0.41mg Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg, Epigallocatechin: 0.12mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg, Hesperetin: 3.7mg Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg, Naringenin: 0.66mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg, Luteolin: 0.09mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg, Myricetin: 1.13mg Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg, Quercetin: 1.07mg

Nutrients (% of daily need)

Calories: 282.52kcal (14.13%), Fat: 7.74g (11.91%), Saturated Fat: 1.3g (8.15%), Carbohydrates: 40.27g (13.42%), Net Carbohydrates: 36.5g (13.27%), Sugar: 3.3g (3.67%), Cholesterol: 17.15mg (5.72%), Sodium: 325.51mg (14.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 12.82g (25.64%), Vitamin K: 142.61µg (135.82%), Vitamin C: 33.5mg (40.6%), Manganese: 0.46mg (23.1%), Vitamin B3: 3.55mg (17.77%), Phosphorus: 167.04mg (16.7%), Vitamin A: 822.99IU (16.46%), Fiber: 3.78g (15.11%), Copper: 0.28mg (13.8%), Vitamin B1: 0.2mg (13.48%), Vitamin B12: 0.72µg (12.06%), Iron: 2.06mg (11.42%), Magnesium: 45.28mg (11.32%), Folate: 45.01µg (11.25%), Zinc: 1.68mg (11.17%), Vitamin B6: 0.22mg (11.09%), Potassium: 348.36mg (9.95%), Selenium: 6.84µg (9.78%), Vitamin B5: 0.87mg (8.72%), Vitamin B2: 0.14mg (8.1%), Vitamin E: 0.83mg (5.52%), Calcium: 52.31mg (5.23%)