



Lemon-Dill Couscous with Chicken and Vegetables

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



304 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.1 teaspoon pepper black
- ☐ 1 cup couscous uncooked
- ☐ 2 tablespoons teaspoons dill dried fresh chopped
- ☐ 0.3 cup less-sodium chicken broth fat-free
- ☐ 0.5 cup flat-leaf parsley fresh chopped
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 1 tablespoon olive oil extra-virgin

- ☐ 1 cup bell pepper diced red
- ☐ 2 cups ready-to-eat roasted skinned chopped (2 breasts)
- ☐ 0.5 teaspoon salt
- ☐ 1.5 cups water
- ☐ 0.5 pound baby squash diced yellow

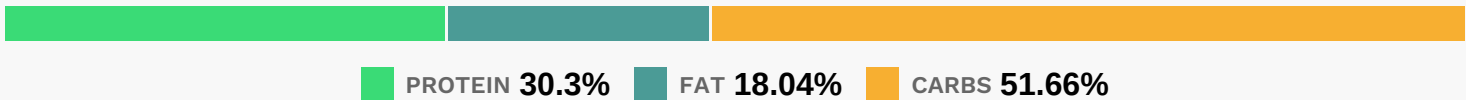
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring water to a boil in a medium saucepan; gradually stir in couscous.
- ☐ Remove from heat; cover and let stand 5 minutes. Fluff with a fork. Spoon the couscous into a large bowl.
- ☐ Add the remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:21.32, Inflammation Score:-9, Nutrition Score:24.300869537436%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg, Apigenin: 16.16mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg, Myricetin: 1.12mg Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg, Quercetin: 0.26mg

Nutrients (% of daily need)

Calories: 303.8kcal (15.19%), Fat: 6.05g (9.3%), Saturated Fat: 1.02g (6.38%), Carbohydrates: 38.96g (12.99%), Net Carbohydrates: 35.09g (12.76%), Sugar: 3.18g (3.53%), Cholesterol: 48mg (16%), Sodium: 451.61mg (19.64%),

Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.85g (45.7%), Vitamin K: 128.89µg (122.75%), Vitamin C: 72.72mg (88.14%), Vitamin B3: 10.16mg (50.82%), Vitamin B6: 0.86mg (42.79%), Vitamin A: 1950.45IU (39.01%), Selenium: 24.49µg (34.98%), Phosphorus: 269.3mg (26.93%), Manganese: 0.52mg (25.79%), Vitamin B5: 1.88mg (18.76%), Potassium: 636.24mg (18.18%), Fiber: 3.87g (15.48%), Folate: 59.33µg (14.83%), Magnesium: 58.32mg (14.58%), Vitamin B2: 0.23mg (13.74%), Vitamin B1: 0.18mg (11.74%), Copper: 0.19mg (9.68%), Vitamin E: 1.38mg (9.18%), Iron: 1.64mg (9.1%), Zinc: 1.15mg (7.68%), Calcium: 40.4mg (4.04%), Vitamin B12: 0.18µg (2.97%)