



Lemony Shrimp-and-Couscous Salad

READY IN



45 min.

SERVINGS



4

CALORIES



369 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 cup couscous uncooked
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup green onions thinly sliced
- ☐ 3 tablespoons juice of lemon fresh
- ☐ 0.3 cup low-salt chicken broth
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces parmesan cheese fresh grated
- ☐ 0.3 teaspoon pepper
- ☐ 1.5 cups plum tomatoes diced

- ☐ 0.3 teaspoon salt
- ☐ 1 pound shrimp deveined peeled
- ☐ 1.5 cups water

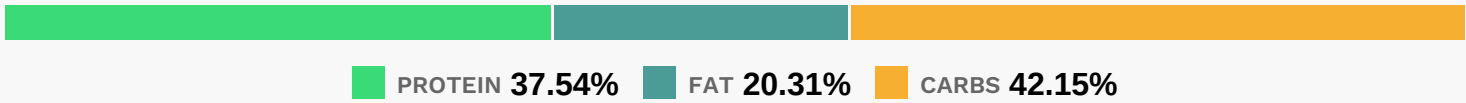
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ colander

Directions

- ☐ Bring water to a boil in a medium saucepan.
- ☐ Add shrimp; cook 3 minutes.
- ☐ Drain shrimp in a colander over a bowl, reserving cooking liquid.
- ☐ Add couscous to reserved cooking liquid. Cover and let stand 5 minutes. Fluff with a fork.
- ☐ Combine couscous, shrimp, tomatoes, green onions, and basil in a large bowl.
- ☐ Combine broth, lemon juice, oil, salt, and pepper.
- ☐ Pour dressing over salad; toss gently to coat.
- ☐ Sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:66, Glycemic Load:21.51, Inflammation Score:-7, Nutrition Score:14.764347790376%

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: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg, Naringenin: 0.76mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg, Myricetin: 0.12mg Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg, Quercetin: 1.22mg

Nutrients (% of daily need)

Calories: 368.98kcal (18.45%), Fat: 8.34g (12.82%), Saturated Fat: 3.03g (18.96%), Carbohydrates: 38.93g (12.98%), Net Carbohydrates: 35.45g (12.89%), Sugar: 2.9g (3.22%), Cholesterol: 192.21mg (64.07%), Sodium: 526.26mg (22.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.67g (69.34%), Phosphorus: 444.54mg (44.45%), Copper: 0.64mg (32.17%), Vitamin K: 28.72µg (27.36%), Calcium: 271.42mg (27.14%), Manganese: 0.52mg (26.18%), Vitamin C: 17.95mg (21.76%), Vitamin A: 992.54IU (19.85%), Magnesium: 78.85mg (19.71%), Potassium: 642.15mg (18.35%), Zinc: 2.49mg (16.58%), Fiber: 3.48g (13.92%), Vitamin B3: 2.33mg (11.67%), Iron: 1.63mg (9.03%), Vitamin B1: 0.12mg (7.71%), Folate: 30.24µg (7.56%), Vitamin B6: 0.14mg (7.23%), Vitamin E: 1.08mg (7.19%), Vitamin B5: 0.71mg (7.05%), Vitamin B2: 0.11mg (6.48%), Selenium: 3.25µg (4.64%), Vitamin B12: 0.18µg (3.08%)