



Mango Chicken Salad with Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 cup arugula
- ☐ 0.5 head boston lettuce
- ☐ 1 tablespoon canola oil
- ☐ 0.3 cup couscous
- ☐ 0.5 head salad leaves curly endive
- ☐ 1.5 tablespoons bell pepper green finely chopped
- ☐ 2 tablespoons honey
- ☐ 0.5 cup juice of lemon fresh

- ☐ 0.3 cup juice of lime fresh
- ☐ 2 teaspoons soy sauce reduced-sodium
- ☐ 0.5 mangos thinly sliced
- ☐ 4 tablespoons olive oil extra virgin extra-virgin divided
- ☐ 1.5 tablespoons bell pepper red finely chopped
- ☐ 0.3 cup onion red finely chopped
- ☐ 0.3 cup rice vinegar
- ☐ 0.5 head the of 1 cos lettuce
- ☐ 12 ounces chicken breast boneless skinless
- ☐ 2 tablespoons coarse mustard

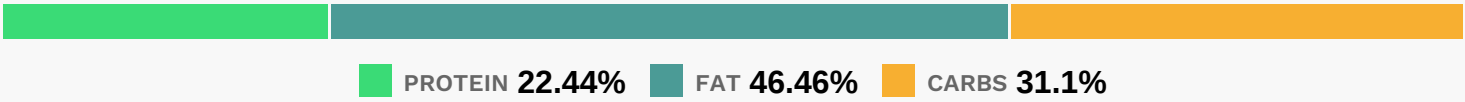
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ blender

Directions

- ☐ In a bowl, combine couscous, bell peppers, onion, lemonjuice, 2 tablespoons olive oil and 1/3 cup water. Season with salt.
- ☐ Refrigerate until couscous is tender, about 2 hours.
- ☐ In a large skillet over high heat, heat canola oil.Cook chicken until golden brown on the bottom, 3 to4 minutes. Reduce heat to medium-low. Flip chickenand cook through, 6 to 8 minutes.
- ☐ Cool chicken; cut into 1/2-inch dice.
- ☐ In a blender set to medium, blend lime juice, vinegar,mustard, honey and soy sauce. Slowly add remaining2 tablespoons olive oil. Season with salt.
- ☐ Break up lettuce heads and combine leaves witharugula in a bowl. Divide lettuce, couscous,chicken and mango among 4 plates. Dress saladwith mustard vinaigrette.
- ☐ Self

Nutrition Facts



Properties

Glycemic Index:88.01, Glycemic Load:11.72, Inflammation Score:-10, Nutrition Score:29.220000031202%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg, Catechin: 0.45mg Eriodictyol: 1.93mg, Eriodictyol: 1.93mg, Eriodictyol: 1.93mg, Eriodictyol: 1.93mg Hesperetin: 6.22mg, Hesperetin: 6.22mg, Hesperetin: 6.22mg, Hesperetin: 6.22mg Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg, Naringenin: 0.5mg Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg, Apigenin: 0.23mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg, Isorhamnetin: 0.72mg Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg, Kaempferol: 2.54mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg, Quercetin: 6.84mg

Nutrients (% of daily need)

Calories: 389.68kcal (19.48%), Fat: 20.64g (31.76%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 31.1g (10.37%), Net Carbohydrates: 26.23g (9.54%), Sugar: 15.48g (17.2%), Cholesterol: 54.43mg (18.14%), Sodium: 296.21mg (12.88%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 22.44g (44.87%), Vitamin K: 203.45µg (193.77%), Vitamin A: 9669.12IU (193.38%), Vitamin C: 47.8mg (57.94%), Vitamin B3: 10.1mg (50.49%), Folate: 187.71µg (46.93%), Selenium: 30.74µg (43.91%), Vitamin B6: 0.85mg (42.55%), Phosphorus: 269.76mg (26.98%), Vitamin E: 4.02mg (26.79%), Manganese: 0.5mg (24.79%), Potassium: 864.01mg (24.69%), Vitamin B5: 2.02mg (20.17%), Fiber: 4.87g (19.47%), Magnesium: 64.79mg (16.2%), Vitamin B2: 0.23mg (13.54%), Vitamin B1: 0.2mg (13.49%), Iron: 2.18mg (12.12%), Copper: 0.23mg (11.75%), Calcium: 93.64mg (9.36%), Zinc: 1.12mg (7.49%), Vitamin B12: 0.17µg (2.83%)