



Mediterranean Chicken Couscous

 Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



348 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 8 servings garnish: basil leaves fresh
- ☐ 3 cups meat from a rotisserie chicken cooked chopped (1 rotisserie chicken)
- ☐ 1.3 cups chicken broth fat-free low-sodium
- ☐ 4 ounce feta cheese crumbled
- ☐ 0.3 cup basil fresh chopped
- ☐ 1 pint grape tomatoes halved
- ☐ 1.5 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated

- ☐ 0.3 teaspoon pepper
- ☐ 5.6 ounce pine nut couscous mix toasted

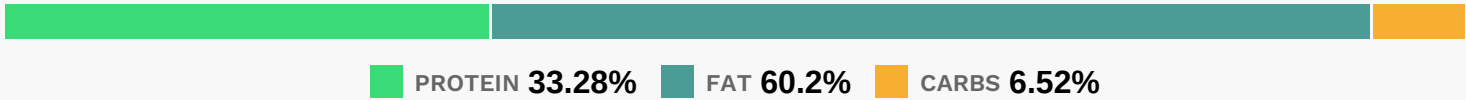
Equipment

- ☐ bowl
- ☐ microwave

Directions

- ☐ Heat broth and seasoning packet from couscous in the microwave on HIGH for 3 to 5 minutes or until broth begins to boil.
- ☐ Place couscous in a large bowl, and stir in broth mixture. Cover and let stand 5 minutes.
- ☐ Fluff couscous with a fork; stir in chicken and next 6 ingredients.
- ☐ Serve warm or cold.
- ☐ Garnish, if desired.
- ☐ Tip: You'll need to buy a 2/3-ounce package of fresh basil and 1 rotisserie chicken to get the right amount of basil and chicken for this recipe. Substitute 4 teaspoons of dried basil if you can't find fresh.

Nutrition Facts



Properties

Glycemic Index:29.63, Glycemic Load:0.78, Inflammation Score:-6, Nutrition Score:13.293043473492%

Flavonoids

Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg, Eriodictyol: 0.14mg Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg, Hesperetin: 0.41mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg, Quercetin: 0.35mg

Nutrients (% of daily need)

Calories: 347.95kcal (17.4%), Fat: 24.08g (37.04%), Saturated Fat: 4.8g (30.02%), Carbohydrates: 5.86g (1.95%), Net Carbohydrates: 4.32g (1.57%), Sugar: 2.43g (2.7%), Cholesterol: 97.79mg (32.6%), Sodium: 618.04mg (26.87%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 29.95g (59.9%), Manganese: 1.86mg (93.1%), Vitamin K: 27.14µg (25.85%), Phosphorus: 181.87mg (18.19%), Copper: 0.32mg (16.01%), Magnesium: 61.44mg (15.36%), Vitamin E: 2.22mg (14.83%), Vitamin A: 703.97IU (14.08%), Vitamin C: 10.17mg (12.32%), Zinc: 1.82mg (12.14%), Vitamin B2: 0.19mg (10.95%), Calcium: 86.04mg (8.6%), Iron: 1.5mg (8.31%), Potassium: 290.32mg (8.29%), Vitamin B1: 0.12mg (8.02%), Vitamin B3: 1.59mg (7.95%), Vitamin B6: 0.14mg (6.86%), Fiber: 1.54g (6.16%), Folate: 22.99µg (5.75%), Vitamin B12: 0.31µg (5.17%), Selenium: 3.06µg (4.37%), Vitamin B5: 0.31mg (3.05%)