



Minty Chickpea Salad with Couscous



Vegetarian



Vegan



Dairy Free

READY IN



15 min.

SERVINGS



6

CALORIES



376 kcal

SIDE DISH

Ingredients

- ☐ 2 ounces roasted almonds roughly chopped
- ☐ 2 pounds beefsteak tomatoes cut into wedges
- ☐ 15.5 ounce chickpeas drained and rinsed canned
- ☐ 10 ounce couscous
- ☐ 0.3 cup mint leaves fresh
- ☐ 6 servings kosher salt and pepper
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 2 teaspoons orange zest grated

☐ 0.5 small onion sweet thinly sliced

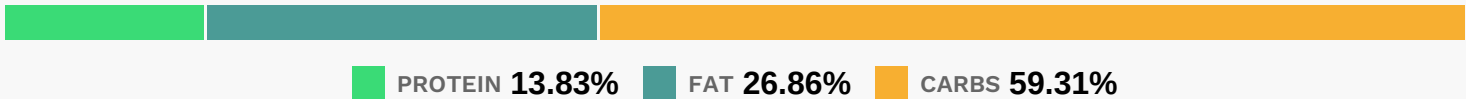
Equipment

☐ bowl

Directions

☐ Place the couscous in a medium bowl, pour 1 1/2 cups hot tap water over the top, cover, and let sit for 5 minutes before fluffing with a fork. Stir in the chickpeas, orange zest, 1 tablespoon of the oil, 1/4 teaspoon salt, and 1/4 teaspoon pepper. In a separate bowl, combine the tomatoes, onion, mint, 1/2 teaspoon salt, 1/4 teaspoon pepper, and the remaining oil. Spoon the couscous and tomatoes onto a platter and sprinkle with the almonds. Substitution: You can serve fiber-rich bulgur wheat in place of the couscous, using the same hot-water "cooking" technique. Use 3 cups water to 1 cup bulgur wheat and increase the sitting time to 45 minutes.

Nutrition Facts



Properties

Glycemic Index:25.56, Glycemic Load:26.56, Inflammation Score:-8, Nutrition Score:18.104347871697%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg, Catechin: 0.12mg Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg, Epigallocatechin: 0.24mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg, Eriodictyol: 0.6mg Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg, Hesperetin: 0.19mg Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg, Naringenin: 1.07mg Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg, Apigenin: 0.11mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg, Isorhamnetin: 0.25mg Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg, Kaempferol: 0.49mg Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg, Myricetin: 0.51mg Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg, Quercetin: 4.92mg

Nutrients (% of daily need)

Calories: 376.07kcal (18.8%), Fat: 11.46g (17.62%), Saturated Fat: 1.25g (7.84%), Carbohydrates: 56.92g (18.97%), Net Carbohydrates: 47.87g (17.41%), Sugar: 5.77g (6.41%), Cholesterol: 0mg (0%), Sodium: 412.67mg (17.94%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 13.27g (26.53%), Manganese: 1.4mg (69.97%), Fiber: 9.05g (36.2%), Vitamin C: 23.61mg (28.62%), Vitamin B6: 0.57mg (28.59%), Vitamin A: 1353.28IU (27.07%), Vitamin E: 3.91mg (26.1%), Phosphorus: 229.61mg (22.96%), Copper: 0.44mg (21.88%), Magnesium: 86.84mg (21.71%), Potassium: 656.49mg (18.76%), Folate: 63.28µg (15.82%), Vitamin B3: 3.06mg (15.3%), Vitamin K: 14.84µg (14.13%), Iron: 2.37mg (13.17%), Vitamin B1: 0.19mg (12.63%), Vitamin B2: 0.2mg (11.49%), Vitamin B5: 1.02mg (10.22%), Zinc: 1.51mg (10.05%), Calcium: 88.83mg (8.88%), Selenium: 2µg (2.85%)