



Moroccan Couscous and Chickpea Salad

 Vegetarian  Vegan  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



487 kcal

SIDE DISH

Ingredients

- 1 teaspoon pepper black
- 15 ounce garbanzo beans rinsed canned (garbanzo beans)
- 0.3 teaspoon ground pepper
- 0.3 teaspoon cinnamon
- 1.5 cups couscous
- 3 spring onion chopped
- 0.3 teaspoon ground ginger
- 0.3 teaspoon nutmeg

- 1 optional: lemon
- 6 servings olive oil
- 1 cup parsley chopped
- 1 cup pistachios unsalted shelled
- 1 small bell pepper diced red
- 1 small bell pepper diced red
- 6 servings salt to taste
- 0.5 teaspoon turmeric
- 1.5 cups vegetable stock

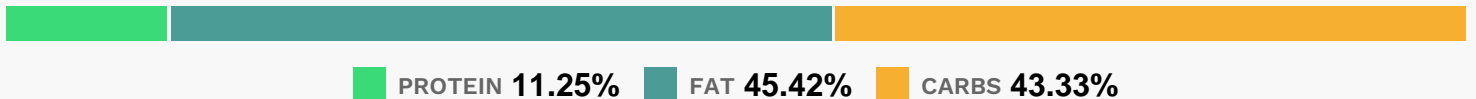
Equipment

- bowl

Directions

- Heat broth and a teaspoon of salt and bring to a boil.
- Place couscous in a bowl and add broth. Cover bowl to let couscous absorb liquid. After 5 minutes, remove cover and fluff couscous with a fork. In a large bowl, add the chickpeas, pistachios, red peppers, green onions and parsley and mix well.
- Add the zest and juice of the lemon and mix again.
- Add the spice mixture over the couscous and mix well. Taste, and add salt if needed.
- Let the salad marinate for an hour or so before serving.

Nutrition Facts



Properties

Glycemic Index:77.64, Glycemic Load:24.8, Inflammation Score:-10, Nutrition Score:24.584782608696%

Flavonoids

Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg, Cyanidin: 1.5mg Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg, Catechin: 0.73mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg,

Epigallocatechin: 0.42mg Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg, Epicatechin: 0.17mg
Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg,
Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol: 3.84mg, Eriodictyol:
3.84mg Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg, Hesperetin: 5.02mg Naringenin: 0.1mg,
Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 21.56mg, Apigenin: 21.56mg, Apigenin: 21.56mg,
Apigenin: 21.56mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.24mg,
Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Myricetin: 1.57mg, Myricetin: 1.57mg, Myricetin:
1.57mg, Myricetin: 1.57mg Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg, Quercetin: 1.23mg

Nutrients (% of daily need)

Calories: 486.66kcal (24.33%), Fat: 25.26g (38.86%), Saturated Fat: 3.34g (20.87%), Carbohydrates: 54.22g
(18.07%), Net Carbohydrates: 45.1g (16.4%), Sugar: 3.83g (4.25%), Cholesterol: 0mg (0%), Sodium: 638.74mg
(27.77%), Protein: 14.08g (28.17%), Vitamin K: 186.72µg (177.83%), Vitamin C: 56.87mg (68.94%), Manganese: 1.32mg
(66.21%), Vitamin B6: 0.84mg (41.85%), Vitamin A: 1936.19IU (38.72%), Fiber: 9.12g (36.46%), Copper: 0.52mg
(26%), Phosphorus: 249.58mg (24.96%), Vitamin B1: 0.31mg (20.35%), Vitamin E: 3.05mg (20.32%), Magnesium:
74.98mg (18.74%), Iron: 3.28mg (18.22%), Folate: 69.48µg (17.37%), Potassium: 545.07mg (15.57%), Vitamin B3:
2.32mg (11.6%), Vitamin B5: 1.02mg (10.18%), Zinc: 1.52mg (10.15%), Calcium: 84.49mg (8.45%), Vitamin B2: 0.12mg
(6.96%), Selenium: 3.08µg (4.4%)