



North African Chicken and Couscous

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



380 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups couscous uncooked
- ☐ 2 cups cucumber peeled chopped
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 0.5 cup golden raisins
- ☐ 0.3 cup green onions thinly sliced
- ☐ 2 teaspoons ground cumin
- ☐ 0.3 cup juice of lemon

- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup orange juice concentrate undiluted thawed
- ☐ 1 cup bell pepper red chopped
- ☐ 3 cups ready-to-eat roasted skinned chopped (3 breasts)
- ☐ 0.5 teaspoon salt
- ☐ 2 cups water
- ☐ 2 tablespoons water

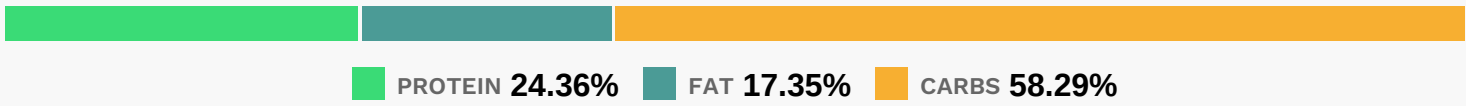
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring the water to a boil in a medium saucepan, and gradually stir in couscous and raisins.
- ☐ Remove from heat. Cover; let stand 5 minutes. Fluff with a fork.
- ☐ Combine orange juice and next 6 ingredients (orange juice through black pepper); stir well with a whisk.
- ☐ Combine the couscous mixture, juice mixture, chicken, and remaining ingredients in a large bowl, and toss well.
- ☐ Garnish with green onions, if desired.

Nutrition Facts



Properties

Glycemic Index:44.94, Glycemic Load:26.03, Inflammation Score:-8, Nutrition Score:20.597391273664%

Flavonoids

Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg, Hesperetin: 1.96mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg,

Naringenin: 0.19mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg, Quercetin: 1.55mg

Nutrients (% of daily need)

Calories: 380kcal (19%), Fat: 7.34g (11.3%), Saturated Fat: 1.19g (7.44%), Carbohydrates: 55.52g (18.51%), Net Carbohydrates: 51.53g (18.74%), Sugar: 16.3g (18.11%), Cholesterol: 48mg (16%), Sodium: 296.94mg (12.91%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.21g (46.41%), Vitamin C: 75.25mg (91.21%), Vitamin B3: 10.07mg (50.34%), Vitamin B6: 0.82mg (40.93%), Selenium: 24.34µg (34.77%), Phosphorus: 281.85mg (28.18%), Manganese: 0.5mg (25.23%), Potassium: 746.51mg (21.33%), Vitamin A: 1062.9IU (21.26%), Vitamin K: 20.82µg (19.83%), Vitamin B5: 1.97mg (19.71%), Magnesium: 64.76mg (16.19%), Fiber: 3.99g (15.97%), Vitamin B1: 0.22mg (14.83%), Folate: 54.15µg (13.54%), Vitamin B2: 0.22mg (12.66%), Copper: 0.25mg (12.48%), Iron: 1.82mg (10.1%), Vitamin E: 1.48mg (9.84%), Zinc: 1.08mg (7.2%), Calcium: 51.44mg (5.14%), Vitamin B12: 0.15µg (2.5%)