



 **8%**
HEALTH SCORE

Orange Couscous Salad

 Vegetarian  Vegan  Dairy Free

READY IN



15 min.

SERVINGS



8

CALORIES



267 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 10 ounce couscous plain
- 1 cup cucumber peeled seeded chopped
- 2 tablespoons parsley fresh chopped
- 2 tablespoons mint leaves fresh chopped
- 1 cup golden raisins chopped
- 0.3 cup olive oil extra virgin extra-virgin plus more to taste
- 2 cranberry-orange relish
- 0.5 teaspoon pepper freshly ground plus more to taste

1 teaspoon salt plus more to taste

Equipment

bowl

plastic wrap

Directions

Pour couscous into a large bowl, and stir in 1 cup boiling water. Cover with plastic wrap, and let steam 5 minutes or until couscous is tender. Fluff with a fork, and stir in oil and next 3 ingredients.

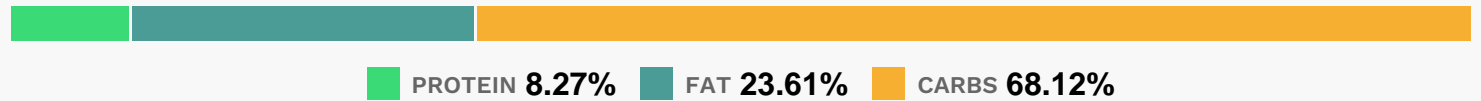
Let cool slightly.

Zest both oranges; juice one. Peel second orange, and chop.

Add zest, juice, and chopped orange to couscous mixture. Stir in remaining ingredients. Cover and chill 1 hour or up to 2 days.

Add more oil, salt, or pepper if desired before serving.

Nutrition Facts



Properties

Glycemic Index:30.4, Glycemic Load:25.81, Inflammation Score:-4, Nutrition Score:7.6026087299637%

Flavonoids

Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 9.05mg, Hesperetin: 9.05mg, Hesperetin: 9.05mg, Hesperetin: 9.05mg Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg, Naringenin: 5.02mg Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg, Apigenin: 2.23mg Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg, Luteolin: 0.24mg Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg, Kaempferol: 0.55mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 266.59kcal (13.33%), Fat: 7.15g (11%), Saturated Fat: 1.01g (6.33%), Carbohydrates: 46.4g (15.47%), Net Carbohydrates: 42.84g (15.58%), Sugar: 14.03g (15.59%), Cholesterol: 0mg (0%), Sodium: 297.84mg (12.95%), Alcohol: 0g (100%), Protein: 5.63g (11.26%), Vitamin C: 20.26mg (24.56%), Vitamin K: 22.5µg (21.43%), Manganese:

0.39mg (19.28%), Fiber: 3.56g (14.26%), Copper: 0.19mg (9.37%), Phosphorus: 90.85mg (9.09%), Potassium: 290.37mg (8.3%), Vitamin B3: 1.58mg (7.89%), Magnesium: 28.93mg (7.23%), Vitamin E: 1.07mg (7.11%), Vitamin B6: 0.13mg (6.43%), Vitamin B1: 0.09mg (6.33%), Vitamin B5: 0.6mg (5.98%), Folate: 22.75µg (5.69%), Iron: 0.95mg (5.3%), Vitamin B2: 0.08mg (4.94%), Vitamin A: 223.68IU (4.47%), Calcium: 38.76mg (3.88%), Zinc: 0.43mg (2.87%)