



Pork and Grilled Stone Fruit Couscous Salad

 Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



433 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 teaspoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black divided freshly ground
- ☐ 1 cup couscous uncooked
- ☐ 1 teaspoon dijon mustard
- ☐ 2 tablespoons olive oil extravirgin divided
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 2 teaspoons ginger fresh peeled chopped
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 0.5 teaspoon ground cumin
- ☐ 2 nectarines pitted ripe halved
- ☐ 0.8 cup orange juice fresh
- ☐ 2 peaches pitted ripe halved
- ☐ 2 teaspoons raspberry vinegar
- ☐ 0.3 cup onion red chopped
- ☐ 1.5 cups simply roasted pork cubed () (8 ounces)
- ☐ 0.8 teaspoon salt divided
- ☐ 0.5 cup water

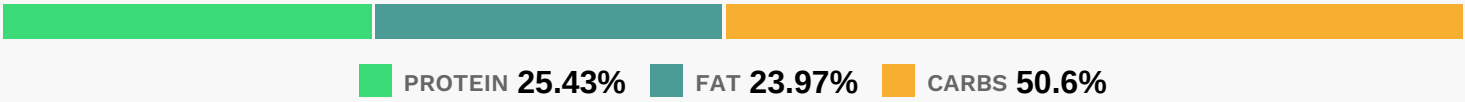
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ grill pan

Directions

- ☐ Combine first 4 ingredients in a small saucepan; stir in 1/2 teaspoon salt and 1/8 teaspoon pepper. Bring to a boil; stir in couscous. Cover, remove from heat, and let stand 5 minutes. Fluff with a fork.
- ☐ Combine remaining 1/4 teaspoon salt, 1/8 teaspoon pepper, ginger, vinegars, and mustard, stirring with a whisk. Gradually add 1 1/2 tablespoons oil, stirring with a whisk.
- ☐ Heat a grill pan over medium-high heat.
- ☐ Brush the remaining 1 1/2 teaspoons oil evenly over fruit. Cook for 3 minutes on each side or until well marked; let cool.
- ☐ Cut the fruit into 1/4-inch cubes.
- ☐ Combine fruit, Simply Roasted Pork, onion, and cilantro in a large bowl, tossing gently. Stir in couscous.
- ☐ Drizzle vinegar mixture over couscous mixture, tossing gently to coat. Chill 1 hour.

Nutrition Facts



Properties

Glycemic Index:109.56, Glycemic Load:28.32, Inflammation Score:-7, Nutrition Score:19.106956564862%

Flavonoids

Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg, Cyanidin: 2.95mg Catechin: 5.81mg, Catechin: 5.81mg, Catechin: 5.81mg, Catechin: 5.81mg Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg, Epigallocatechin: 0.78mg Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg, Epicatechin: 3.56mg Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg, Epigallocatechin 3-gallate: 0.22mg Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg, Eriodictyol: 0.08mg Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg, Hesperetin: 5.56mg Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg, Naringenin: 1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg, Isorhamnetin: 0.67mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg, Quercetin: 4.34mg

Nutrients (% of daily need)

Calories: 432.98kcal (21.65%), Fat: 11.5g (17.7%), Saturated Fat: 2.17g (13.54%), Carbohydrates: 54.63g (18.21%), Net Carbohydrates: 49.77g (18.1%), Sugar: 16.8g (18.67%), Cholesterol: 55.89mg (18.63%), Sodium: 520.91mg (22.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 27.46g (54.91%), Vitamin B3: 8.25mg (41.23%), Vitamin B6: 0.79mg (39.7%), Selenium: 26.73µg (38.18%), Vitamin B1: 0.56mg (37.24%), Vitamin C: 29.72mg (36.02%), Phosphorus: 324.21mg (32.42%), Manganese: 0.51mg (25.45%), Potassium: 723.01mg (20.66%), Fiber: 4.86g (19.46%), Magnesium: 64.12mg (16.03%), Copper: 0.32mg (15.8%), Zinc: 2.36mg (15.74%), Vitamin B5: 1.56mg (15.63%), Vitamin B2: 0.26mg (15.5%), Vitamin E: 2.17mg (14.46%), Vitamin A: 645.9IU (12.92%), Vitamin K: 11.34µg (10.8%), Iron: 1.83mg (10.16%), Folate: 34.76µg (8.69%), Vitamin B12: 0.45µg (7.54%), Calcium: 34.62mg (3.46%), Vitamin D: 0.35µg (2.37%)