



WHATSheATE



HEALTH SCORE

61%

## Roast Beef and Couscous Salad



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



480 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- ☐ 2 tablespoons apple cider vinegar
- ☐ 6 medium carrots cut into 1-inch pieces
- ☐ 1 head endive
- ☐ 0.5 cup golden raisins
- ☐ 2 teaspoons harissa hot
- ☐ 1 cup israeli couscous
- ☐ 4 servings kosher salt and pepper freshly ground
- ☐ 0.8 cup greek yogurt low-fat

- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 1 onion red cut into 1-inch pieces
- ☐ 8 ounces deli- roast beef cut into bite-size pieces

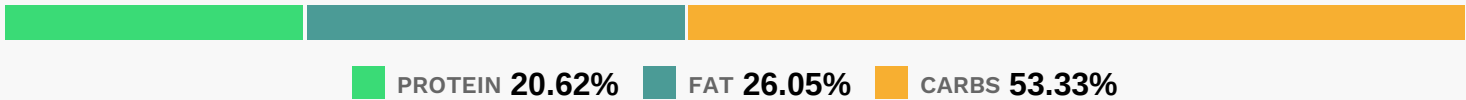
## Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ oven
- ☐ whisk

## Directions

- ☐ Preheat the oven to 425 degrees F. Toss the carrots and onion on a rimmed baking sheet with 1 tablespoon olive oil, 1/2 teaspoon salt, and pepper to taste. Roast until tender and slightly golden, about 25 minutes. Meanwhile, cook the couscous as the label directs, adding the raisins in the last 5 minutes of cooking.
- ☐ Drain the couscous and raisins and rinse under cold water. Make the dressing: In a small bowl, whisk the yogurt with the remaining 2 tablespoons olive oil, the harissa, vinegar, 1/2 teaspoon salt and 2 to 3 tablespoons water until smooth.
- ☐ Put the escarole in a large bowl and add the roasted carrots and onion; toss to wilt the greens slightly.
- ☐ Add the couscous-raisin mixture, the dressing and the roast beef and toss to coat. Divide the salad among plates.
- ☐ Photograph by Antonis Achilleos

## Nutrition Facts



## Properties

Glycemic Index:70.13, Glycemic Load:31.51, Inflammation Score:-10, Nutrition Score:31.126956379932%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 12.25mg, Kaempferol: 12.25mg, Kaempferol: 12.25mg, Kaempferol: 12.25mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg, Quercetin: 6.21mg

Nutrients (% of daily need)

Calories: 480.36kcal (24.02%), Fat: 14.17g (21.8%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 65.27g (21.76%), Net Carbohydrates: 55.88g (20.32%), Sugar: 18.46g (20.51%), Cholesterol: 34.78mg (11.59%), Sodium: 1161mg (50.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.23g (50.47%), Vitamin A: 17753.97IU (355.08%), Vitamin K: 279.05µg (265.76%), Manganese: 1.06mg (52.9%), Vitamin C: 41.24mg (49.99%), Folate: 196.86µg (49.22%), Fiber: 9.39g (37.57%), Vitamin B3: 7.33mg (36.67%), Calcium: 324.47mg (32.45%), Potassium: 1066mg (30.46%), Phosphorus: 276.35mg (27.63%), Vitamin B6: 0.52mg (25.91%), Zinc: 3.62mg (24.15%), Vitamin B5: 2.02mg (20.23%), Copper: 0.38mg (18.92%), Iron: 3.34mg (18.55%), Vitamin E: 2.64mg (17.63%), Vitamin B1: 0.26mg (17.46%), Magnesium: 68.35mg (17.09%), Vitamin B2: 0.28mg (16.72%), Vitamin B12: 0.96µg (16.06%), Selenium: 4.42µg (6.31%)