



Southwestern Couscous Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



338 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 cup prechopped bell pepper green
- 0.3 teaspoon pepper black divided
- 2 tablespoons canola oil
- 2 cups corn kernels frozen
- 1.5 cups couscous uncooked
- 2 cups less-sodium chicken broth fat-free
- 0.3 cup cilantro leaves fresh chopped
- 1 teaspoon ground cumin

- 0.3 cup juice of lime fresh
- 1 teaspoon pepper sauce hot (such as Tabasco)
- 1 cup plum tomatoes diced (2 medium)
- 0.5 teaspoon salt divided
- 1 pound turkey breast tenderloins cut into 1-inch pieces

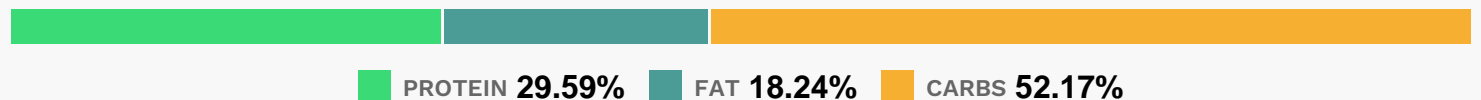
Equipment

- bowl
- frying pan
- sauce pan

Directions

- Heat a large nonstick skillet over medium-high heat. Coat pan with cooking spray.
- Sprinkle turkey with 1/4 teaspoon salt and 1/8 teaspoon pepper.
- Add turkey to pan; saut 6 minutes.
- Place broth in a medium saucepan; bring to a boil.
- Add corn to pan; cook 3 minutes.
- Add couscous to pan.
- Remove from heat; cover and let stand 5 minutes. Fluff with a fork.
- Combine remaining 1/4 teaspoon salt, remaining 1/8 teaspoon pepper, tomato, and remaining ingredients in a large bowl.
- Add turkey and couscous mixture to bowl, and toss well.

Nutrition Facts



Properties

Glycemic Index:30.33, Glycemic Load:20.82, Inflammation Score:-5, Nutrition Score:8.8404347896576%

Flavonoids

Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg, Eriodictyol: 0.22mg Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg, Hesperetin: 0.9mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg, Quercetin: 0.91mg

Nutrients (% of daily need)

Calories: 338.31kcal (16.92%), Fat: 6.93g (10.67%), Saturated Fat: 0.89g (5.54%), Carbohydrates: 44.61g (14.87%), Net Carbohydrates: 40.55g (14.75%), Sugar: 4.07g (4.52%), Cholesterol: 33.75mg (11.25%), Sodium: 691.33mg (30.06%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 25.31g (50.61%), Manganese: 0.5mg (24.77%), Vitamin C: 19.99mg (24.23%), Fiber: 4.06g (16.23%), Vitamin B3: 2.81mg (14.06%), Phosphorus: 122.54mg (12.25%), Folate: 38.3µg (9.57%), Vitamin K: 9.66µg (9.2%), Vitamin A: 454.8IU (9.1%), Copper: 0.18mg (8.96%), Vitamin B5: 0.89mg (8.88%), Potassium: 305.17mg (8.72%), Magnesium: 34.85mg (8.71%), Vitamin B1: 0.12mg (8.21%), Vitamin E: 1.18mg (7.84%), Vitamin B6: 0.15mg (7.27%), Vitamin B2: 0.11mg (6.68%), Iron: 1.12mg (6.25%), Zinc: 0.66mg (4.41%), Selenium: 2.03µg (2.9%), Calcium: 25.74mg (2.57%), Vitamin B12: 0.15µg (2.52%)