



Tuna and Couscous Salad

 Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



386 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 3 cups broccoli florets frozen thawed
- ☐ 10 oz tuna packed in water, drained canned
- ☐ 0.3 cup parsley fresh finely chopped
- ☐ 1 clove garlic finely chopped
- ☐ 2 cups israeli couscous (pearl)
- ☐ 0.5 cup kalamata olives pitted chopped
- ☐ 3 tablespoons juice of lemon
- ☐ 2.3 cups chicken broth low-sodium

- ☐ 0.3 cup olive oil
- ☐ 6 servings salt

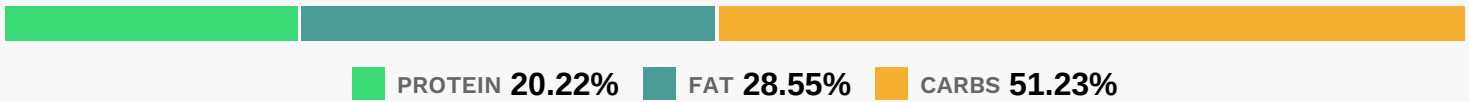
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ whisk

Directions

- ☐ Whisk together olive oil, lemon juice, garlic and 1/2 tsp. salt in a small bowl.
- ☐ Bring broth to a boil in a heavy pan. Stir in couscous, cover, reduce heat to low and simmer until tender, 12 to 15 minutes.
- ☐ Transfer couscous to a large cookie sheet, spread it out and let cool for 15 minutes.
- ☐ Transfer couscous to a bowl and stir in broccoli, tuna, olives and parsley. Toss with dressing to coat. Season with additional salt, if desired.
- ☐ Serve immediately, or cover and refrigerate for up to 1 day.

Nutrition Facts



Properties

Glycemic Index:26.5, Glycemic Load:27.49, Inflammation Score:-7, Nutrition Score:20.665652326916%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg, Luteolin: 0.47mg Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg, Kaempferol: 3.61mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 385.64kcal (19.28%), Fat: 12.27g (18.88%), Saturated Fat: 1.86g (11.62%), Carbohydrates: 49.53g (16.51%), Net Carbohydrates: 45.01g (16.37%), Sugar: 1.16g (1.29%), Cholesterol: 17.01mg (5.67%), Sodium: 521.77mg (22.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.55g (39.1%), Vitamin K: 93.09µg (88.66%), Vitamin C: 46.97mg (56.93%), Selenium: 33.36µg (47.65%), Vitamin B3: 8.25mg (41.25%), Manganese: 0.56mg (28.14%), Phosphorus: 221.48mg (22.15%), Vitamin B12: 1.3µg (21.71%), Fiber: 4.52g (18.08%), Vitamin B6: 0.32mg (15.89%), Vitamin E: 2.27mg (15.11%), Copper: 0.25mg (12.55%), Magnesium: 49.45mg (12.36%), Iron: 2.2mg (12.22%), Potassium: 426.1mg (12.17%), Folate: 47.61µg (11.9%), Vitamin A: 565.7IU (11.31%), Vitamin B5: 1.06mg (10.65%), Vitamin B2: 0.17mg (9.88%), Vitamin B1: 0.15mg (9.78%), Zinc: 1.1mg (7.34%), Calcium: 57.97mg (5.8%), Vitamin D: 0.57µg (3.78%)