

Yummy Couscous Salad

 Vegetarian

READY IN



105 min.

SERVINGS



6

CALORIES



205 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.3 cup almonds toasted sliced
- 1 tablespoon butter
- 0.5 cup garbanzo beans canned drained
- 0.5 cup couscous
- 1 teaspoon ground cumin
- 0.3 cup parsley chopped
- 0.3 cup yogurt plain
- 0.3 cup raisins

- 1 bell pepper red chopped
- 1 onion red chopped
- 0.5 cup salad dressing
- 6 servings salt and pepper to taste
- 1 cup water

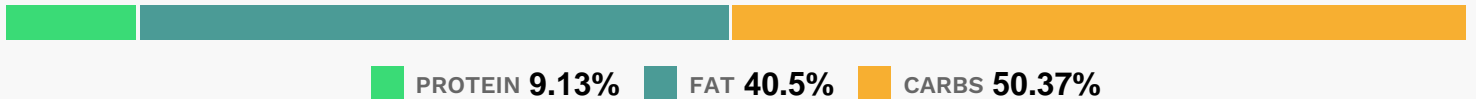
Equipment

- bowl
- sauce pan

Directions

- In a medium bowl, blend creamy salad dressing, yogurt, cumin, salt and pepper. Cover, and place in the refrigerator 1 hour, or until chilled.
- Melt butter in a medium saucepan over medium heat. Stir in couscous, and coat with butter. Stir in water, reduce heat, and a simmer, covered, until all water is absorbed, about 5-10 minutes.
- Mix couscous, red onion, red bell pepper, parsley, raisins, almonds and chickpeas into the creamy salad dressing mixture. Cover, and chill in the refrigerator until serving.

Nutrition Facts



Properties

Glycemic Index:56.52, Glycemic Load:11.49, Inflammation Score:-7, Nutrition Score:11.48782616627%

Flavonoids

Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg, Cyanidin: 0.13mg Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg, Catechin: 0.07mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg, Apigenin: 7.18mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg, Isorhamnetin: 1.05mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg

Kaempferol: 0.19mg Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg, Myricetin: 0.5mg Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg, Quercetin: 3.8mg

Nutrients (% of daily need)

Calories: 204.57kcal (10.23%), Fat: 9.49g (14.6%), Saturated Fat: 2.27g (14.21%), Carbohydrates: 26.55g (8.85%), Net Carbohydrates: 23.16g (8.42%), Sugar: 4.46g (4.96%), Cholesterol: 6.34mg (2.11%), Sodium: 455.62mg (19.81%), Alcohol: 0g (100%), Protein: 4.81g (9.62%), Vitamin K: 66.88µg (63.7%), Vitamin C: 31.78mg (38.52%), Manganese: 0.43mg (21.59%), Vitamin A: 983.95IU (19.68%), Vitamin E: 2.15mg (14.34%), Fiber: 3.38g (13.53%), Vitamin B6: 0.2mg (10.13%), Phosphorus: 93.33mg (9.33%), Magnesium: 36mg (9%), Copper: 0.16mg (8.15%), Potassium: 273.45mg (7.81%), Vitamin B2: 0.13mg (7.51%), Iron: 1.33mg (7.4%), Folate: 27.28µg (6.82%), Vitamin B3: 1.1mg (5.52%), Calcium: 54.32mg (5.43%), Vitamin B1: 0.08mg (5.23%), Zinc: 0.6mg (4.01%), Vitamin B5: 0.39mg (3.89%), Selenium: 1.3µg (1.86%)