



## Amanda's Quinoa Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



270 min.

SERVINGS



9

CALORIES



125 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- ☐ 2 tablespoons champagne vinegar
- ☐ 0.3 cup cranberries dried
- ☐ 1 bunch green onions chopped green parts only
- ☐ 1 cup quinoa
- ☐ 5 ounces mango salsa
- ☐ 1.5 ounces sunflower kernels
- ☐ 1 tablespoon balsamic vinaigrette salad dressing french briannas home style® such as
- ☐ 2 cups water

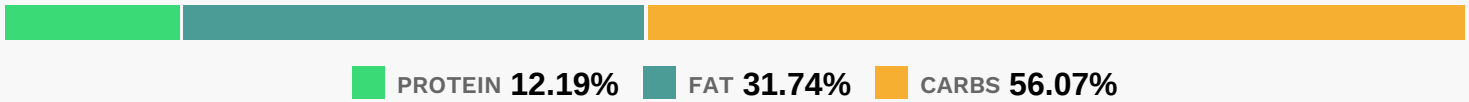
# Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ plastic wrap

# Directions

- ☐ Bring water and quinoa to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until quinoa is tender and water has been absorbed, 15 to 20 minutes.
- ☐ Transfer quinoa to a bowl and fluff with a fork.
- ☐ Stir mango salsa, green onions, cranberries, sunflower kernels, champagne vinegar, and French vinaigrette into the quinoa. Cover bowl with plastic wrap.
- ☐ Refrigerate salad at least 4 hours before serving.

# Nutrition Facts



# Properties

Glycemic Index:5.78, Glycemic Load:0.15, Inflammation Score:-4, Nutrition Score:7.3713043409845%

# Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg, Quercetin: 0.49mg

# Nutrients (% of daily need)

Calories: 124.97kcal (6.25%), Fat: 4.55g (7%), Saturated Fat: 0.51g (3.21%), Carbohydrates: 18.09g (6.03%), Net Carbohydrates: 15.77g (5.74%), Sugar: 4.09g (4.54%), Cholesterol: 0mg (0%), Sodium: 108.25mg (4.71%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.93g (7.87%), Manganese: 0.51mg (25.58%), Vitamin E: 2.51mg (16.7%), Magnesium: 56.3mg (14.08%), Phosphorus: 124.16mg (12.42%), Folate: 47.82µg (11.95%), Copper: 0.22mg (11.03%), Vitamin B1: 0.15mg (9.7%), Vitamin B6: 0.19mg (9.33%), Fiber: 2.32g (9.28%), Vitamin K: 8.28µg (7.88%), Iron: 1.25mg (6.94%), Selenium: 4.32µg (6.18%), Zinc: 0.87mg (5.83%), Potassium: 188.46mg (5.38%), Vitamin B2: 0.09mg (5.02%), Vitamin B3: 0.9mg (4.48%), Vitamin B5: 0.24mg (2.43%), Vitamin A: 107.19IU (2.14%), Calcium: 21.07mg (2.11%), Vitamin C: 0.89mg (1.08%)