



Ancient Grains Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup amaranth grain
- ☐ 4 large boston lettuce leaves rinsed
- ☐ 1 california chili dried (6 in.)
- ☐ 1 cup fat-skimmed chicken broth
- ☐ 0.3 cup cilantro leaves fresh chopped
- ☐ 1 cup corn kernels fresh
- ☐ 1 clove garlic minced pressed
- ☐ 4 servings fresh-ground pepper

- ☐ 2 tablespoons juice of lime
- ☐ 0.5 lb onion finely chopped
- ☐ 0.3 cup quinoa rinsed drained
- ☐ 1 teaspoon salad oil
- ☐ 4 servings salt

Equipment

- ☐ frying pan
- ☐ slotted spoon
- ☐ kitchen scissors

Directions

- ☐ Wipe chili with a damp cloth. Using scissors, cut off and discard chili stem end; remove and discard seeds.
- ☐ Cut chili crosswise into 1/4-inch strips.
- ☐ In a 10- to 12-inch nonstick frying pan over medium-low heat, stir chili in oil until it smells toasted and feels slightly crisp (avoid scorching), 1 to 2 minutes. With a slotted spoon, transfer chili pieces to towels to drain (they crisp as they cool).
- ☐ Add onion and garlic to pan. Stir often over medium-high heat until onion is lightly browned, about 5 minutes.
- ☐ Add amaranth and quinoa. Stir until grains are slightly toasted, about 1 minute.
- ☐ Mix in corn and broth. Bring to a boil over high heat; cover and simmer over medium heat until liquid is absorbed, about 15 minutes.
- ☐ Let cool to room temperature. Or nest pan in ice water and stir occasionally with a fork until cool, about 10 minutes.
- ☐ Mix lime juice and cilantro with grains. Spoon onto plates lined with lettuce leaves. Top salads with the crisp chili pieces.
- ☐ Add salt and pepper to taste.

Nutrition Facts



Properties

Glycemic Index:50.25, Glycemic Load:4.92, Inflammation Score:-8, Nutrition Score:14.319130425868%

Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg, Isorhamnetin: 2.84mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg, Quercetin: 12.68mg

Nutrients (% of daily need)

Calories: 186.77kcal (9.34%), Fat: 3.73g (5.74%), Saturated Fat: 0.56g (3.51%), Carbohydrates: 34.06g (11.35%), Net Carbohydrates: 29.86g (10.86%), Sugar: 5.91g (6.57%), Cholesterol: 0mg (0%), Sodium: 437.63mg (19.03%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.83g (13.66%), Manganese: 1.04mg (52.16%), Vitamin C: 26.9mg (32.61%), Magnesium: 93.29mg (23.32%), Phosphorus: 222.06mg (22.21%), Vitamin K: 22.32µg (21.26%), Folate: 80.97µg (20.24%), Vitamin B6: 0.36mg (17.87%), Fiber: 4.2g (16.8%), Vitamin A: 769.46IU (15.39%), Iron: 2.61mg (14.53%), Potassium: 451.17mg (12.89%), Copper: 0.25mg (12.31%), Vitamin B1: 0.18mg (11.79%), Selenium: 6.24µg (8.91%), Vitamin B2: 0.15mg (8.69%), Zinc: 1.26mg (8.38%), Vitamin B5: 0.81mg (8.09%), Vitamin B3: 1.61mg (8.07%), Vitamin E: 0.9mg (6.03%), Calcium: 58.96mg (5.9%), Vitamin B12: 0.11µg (1.89%)