



Asparagus and Baby Artichoke Quinoa Salad



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



493 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 pound asparagus trimmed cut into 1 inch pieces and blanched)
- ☐ 8 baby artichokes
- ☐ 1 cup chickpeas drained and rinsed ()
- ☐ 0.3 cup feta crumbled ()
- ☐ 1 tablespoon juice of lemon
- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup asparagus pesto
- ☐ 1 cup quinoa

☐ 2 cups vegetable broth (or water)

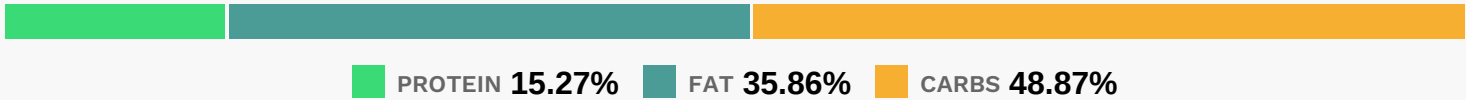
Equipment

☐ frying pan

Directions

- ☐ Peel the leaves from the artichokes until you get to the paler tender inner leaves.
- ☐ Cut the top third off and discard and cut the artichoke in half.
- ☐ Heat the oil in a pan.
- ☐ Add the artichoke hearts and saute until tender, about 6–8 minutes.
- ☐ Add the quinoa and broth, bring to a boil, reduce the heat and simmer, covered, until the quinoa is tender, about 15–20 minutes.
- ☐ Mix everything and serve

Nutrition Facts



Properties

Glycemic Index:32.44, Glycemic Load:3.19, Inflammation Score:-10, Nutrition Score:24.15652164169%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg, Isorhamnetin: 3.23mg Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg, Kaempferol: 0.79mg Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg, Quercetin: 7.94mg

Nutrients (% of daily need)

Calories: 493.25kcal (24.66%), Fat: 20.7g (31.85%), Saturated Fat: 4.15g (25.93%), Carbohydrates: 63.51g (21.17%), Net Carbohydrates: 46.54g (16.92%), Sugar: 8.18g (9.09%), Cholesterol: 10.82mg (3.61%), Sodium: 1085.46mg (47.19%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 19.83g (39.67%), Manganese: 1.38mg (68.95%), Fiber: 16.97g (67.88%), Vitamin A: 2878.79IU (57.58%), Folate: 181.95µg (45.49%), Iron: 7.32mg (40.69%), Phosphorus: 324.48mg (32.45%), Magnesium: 113.35mg (28.34%), Vitamin K: 27.5µg (26.19%), Copper: 0.51mg (25.29%), Calcium: 209.56mg (20.96%), Vitamin B1: 0.3mg (19.8%), Vitamin B2: 0.32mg (18.86%), Vitamin B6: 0.36mg (17.85%), Zinc: 2.52mg (16.82%), Vitamin E: 2.35mg (15.65%), Potassium: 482.83mg (13.8%), Selenium: 7.84µg

(11.21%), Vitamin C: 8.56mg (10.38%), Vitamin B3: 1.51mg (7.56%), Vitamin B5: 0.7mg (6.96%), Vitamin B12: 0.16µg (2.64%)