



Balsamic and Grape Quinoa



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



196 kcal

SIDE DISH

Ingredients



2 tablespoons flat-leaf parsley fresh chopped



0.3 teaspoon kosher salt



2 teaspoons olive oil extra-virgin



1 cup quinoa red



20 grapes red seedless halved



1.7 cups water



1 tablespoon balsamic vinegar white

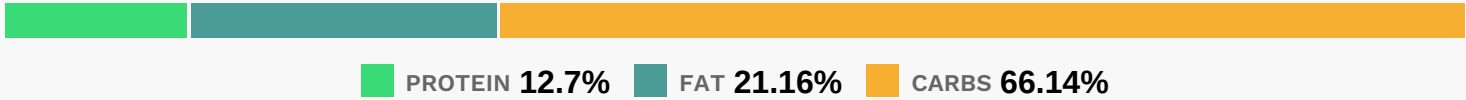
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Bring 1 2/3 cups water and quinoa to a boil in a medium saucepan. Reduce heat to low, and simmer 12 minutes or until quinoa is tender; drain.
- ☐ Place quinoa in a bowl.
- ☐ Add parsley, vinegar, olive oil, kosher salt, and grapes, stirring to combine.

Nutrition Facts



Properties

Glycemic Index:32, Glycemic Load:2.34, Inflammation Score:-6, Nutrition Score:11.549565232318%

Flavonoids

Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg, Myricetin: 0.3mg Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg, Quercetin: 0.01mg

Nutrients (% of daily need)

Calories: 195.57kcal (9.78%), Fat: 4.64g (7.13%), Saturated Fat: 0.59g (3.7%), Carbohydrates: 32.6g (10.87%), Net Carbohydrates: 29.33g (10.67%), Sugar: 4.49g (4.99%), Cholesterol: 0mg (0%), Sodium: 154.98mg (6.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 6.26g (12.52%), Manganese: 0.89mg (44.53%), Vitamin K: 37.65µg (35.86%), Magnesium: 87.94mg (21.99%), Folate: 81.74µg (20.43%), Phosphorus: 201.15mg (20.11%), Copper: 0.3mg (15.12%), Fiber: 3.27g (13.06%), Iron: 2.2mg (12.21%), Vitamin B6: 0.23mg (11.51%), Vitamin B1: 0.17mg (11.46%), Vitamin E: 1.39mg (9.25%), Zinc: 1.37mg (9.13%), Vitamin B2: 0.15mg (9.09%), Potassium: 302.64mg (8.65%), Selenium: 3.64µg (5.2%), Vitamin C: 3.46mg (4.19%), Vitamin A: 190.93IU (3.82%), Vitamin B3: 0.72mg (3.6%), Vitamin B5: 0.35mg (3.49%), Calcium: 29.38mg (2.94%)