



HEALTH SCORE

51%

Beet, Blood Orange, Kumquat, and Quinoa Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



32 min.

SERVINGS



4

CALORIES



396 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



1 cup avocado diced peeled



2 medium beets cooked cut into wedges



1 cup blood orange sections chopped (4 medium)



2 tablespoons blood orange juice



2 teaspoons cilantro leaves finely chopped



0.3 cup green onions finely chopped



0.3 teaspoon ground coriander

- ☐ 0.3 teaspoon ground cumin
- ☐ 6 kumquats whole seeded sliced
- ☐ 1 tablespoon juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 2 teaspoons blood orange rind grated
- ☐ 0.3 teaspoon paprika
- ☐ 1 cup quinoa uncooked
- ☐ 0.3 teaspoon salt
- ☐ 0.5 teaspoon salt divided
- ☐ 1.8 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ sieve

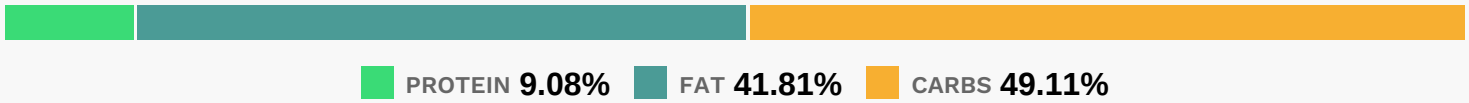
Directions

- ☐ To prepare dressing, combine first 10 ingredients in a medium bowl, stirring with a whisk. Gradually add oil, stirring constantly with a whisk. Set aside.
- ☐ To prepare salad, place quinoa in a fine sieve, and place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice.
- ☐ Drain well.
- ☐ Combine 1 3/4 cups water, quinoa, and 1/4 teaspoon salt in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer for 10 minutes or until liquid is absorbed.
- ☐ Remove from heat; fluff with a fork.
- ☐ Combine quinoa, remaining 1/4 teaspoon salt, blood orange sections, avocado, and kumquats in a large bowl, tossing gently to combine.

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Add dressing; toss gently to coat salad. Spoon 1 cup salad onto each of 4 plates; top each serving with about 1/2 cup beets.

Nutrition Facts



Properties

Glycemic Index:81.25, Glycemic Load:6.4, Inflammation Score:-8, Nutrition Score:22.594347622084%

Flavonoids

Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg, Cyanidin: 0.12mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg, Eriodictyol: 0.2mg Hesperetin: 14.49mg, Hesperetin: 14.49mg, Hesperetin: 14.49mg, Hesperetin: 14.49mg Naringenin: 23.86mg, Naringenin: 23.86mg, Naringenin: 23.86mg, Naringenin: 23.86mg Apigenin: 6.24mg, Apigenin: 6.24mg, Apigenin: 6.24mg, Apigenin: 6.24mg Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg, Luteolin: 0.42mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg, Quercetin: 1.05mg

Nutrients (% of daily need)

Calories: 396.4kcal (19.82%), Fat: 19.14g (29.45%), Saturated Fat: 2.62g (16.37%), Carbohydrates: 50.6g (16.87%), Net Carbohydrates: 39.39g (14.32%), Sugar: 14.09g (15.66%), Cholesterol: 0mg (0%), Sodium: 516.83mg (22.47%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.35g (18.7%), Vitamin C: 53.25mg (64.54%), Manganese: 1.27mg (63.44%), Folate: 227.78µg (56.94%), Fiber: 11.21g (44.85%), Magnesium: 129.23mg (32.31%), Phosphorus: 265.45mg (26.55%), Vitamin K: 27.57µg (26.26%), Potassium: 882.36mg (25.21%), Vitamin E: 3.57mg (23.83%), Copper: 0.46mg (23.22%), Vitamin B6: 0.41mg (20.61%), Iron: 3.43mg (19.06%), Vitamin B1: 0.27mg (18.01%), Vitamin B2: 0.27mg (16.08%), Zinc: 2mg (13.32%), Vitamin B5: 1.19mg (11.89%), Vitamin B3: 1.93mg (9.66%), Calcium: 86.91mg (8.69%), Vitamin A: 424.51IU (8.49%), Selenium: 4.7µg (6.71%)