



Citrus, Quinoa, and Spinach Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



163 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 ounces baby spinach
- ☐ 0.3 cup feta cheese crumbled
- ☐ 0.3 cup green onions sliced
- ☐ 0.5 juice of lemon
- ☐ 0.3 teaspoon kosher salt
- ☐ 1.5 tablespoons olive oil
- ☐ 1 pinch pepper
- ☐ 0.5 cup quinoa

☐ 0.5 teaspoon chile flakes red

Equipment

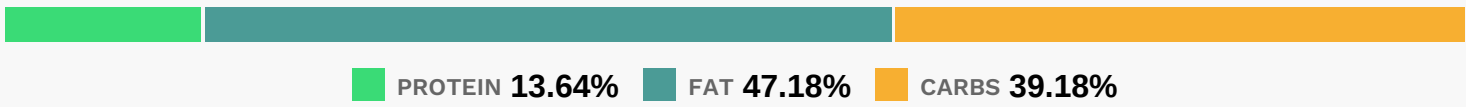
☐ bowl

☐ whisk

Directions

- ☐ Cook quinoa according to package directions. Meanwhile, whisk together zest, juice, oil, chile flakes, salt, and pepper in a large bowl.
- ☐ Add spinach and onions.
- ☐ Mix in warm quinoa and sprinkle top of salad with feta.

Nutrition Facts



Properties

Glycemic Index:30.75, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:19.03434779333%

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 Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg, Luteolin: 0.32mg Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg, Kaempferol: 2.8mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg, Quercetin: 2.37mg

Nutrients (% of daily need)

Calories: 162.83kcal (8.14%), Fat: 8.78g (13.51%), Saturated Fat: 2.16g (13.49%), Carbohydrates: 16.4g (5.47%), Net Carbohydrates: 13.71g (4.99%), Sugar: 0.44g (0.49%), Cholesterol: 8.34mg (2.78%), Sodium: 292.12mg (12.7%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.71g (11.42%), Vitamin K: 221.96µg (211.39%), Vitamin A: 4166.84IU (83.34%), Manganese: 0.83mg (41.72%), Folate: 129.42µg (32.36%), Magnesium: 79.13mg (19.78%), Vitamin C: 14.58mg (17.67%), Phosphorus: 152.95mg (15.29%), Vitamin E: 2.29mg (15.27%), Vitamin B2: 0.23mg (13.83%), Iron: 2.36mg (13.09%), Vitamin B6: 0.24mg (11.85%), Potassium: 389.14mg (11.12%), Fiber: 2.69g (10.76%), Calcium: 104.11mg (10.41%), Copper: 0.19mg (9.62%), Vitamin B1: 0.13mg (8.61%), Zinc: 1.19mg (7.95%), Selenium: 3.73µg (5.33%), Vitamin B3: 0.79mg (3.95%), Vitamin B5: 0.29mg (2.95%), Vitamin B12: 0.16µg (2.64%)