



Colorful Quick Quinoa Grecian Salad



Vegetarian



Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



173 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup cherry tomatoes quartered
- ☐ 0.5 cup cucumber english chopped
- ☐ 2 tablespoons olive oil extravirgin
- ☐ 3 cups fat-skimmed beef broth fat-free
- ☐ 1.5 ounces feta crumbled reduced-fat
- ☐ 1 teaspoon mint leaves fresh minced
- ☐ 3 tablespoons kalamata olives pitted chopped
- ☐ 2 teaspoons juice of lemon fresh

- ☐ 1 teaspoon lemon zest grated
- ☐ 2 cups quinoa uncooked
- ☐ 1 cup radicchio thinly thinly sliced
- ☐ 0.5 teaspoon sea salt
- ☐ 1 tablespoon shallots minced
- ☐ 1 teaspoon sherry vinegar
- ☐ 0.5 cup bell pepper yellow chopped

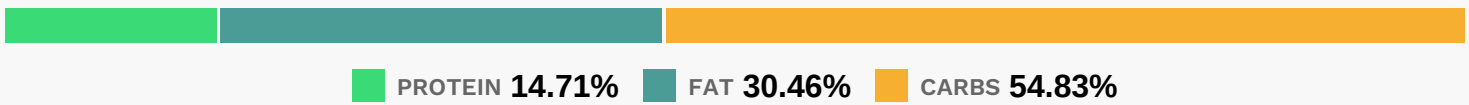
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Place quinoa in a large bowl; cover with water.
- ☐ Let stand 5 minutes; rinse well, and drain.
- ☐ Bring broth to a boil in a large saucepan; stir in quinoa. Cover, reduce heat, and simmer 15 minutes or until liquid is absorbed. Uncover; fluff with a fork. Cool to room temperature.
- ☐ Combine olive oil and next 5 ingredients (through sea salt) in a large bowl.
- ☐ Add cooled quinoa, tomatoes, and the remaining ingredients; toss well.

Nutrition Facts



Properties

Glycemic Index:3, Glycemic Load:0.04, Inflammation Score:-5, Nutrition Score:10.190434725388%

Flavonoids

Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg, Cyanidin: 5.08mg Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg, Delphinidin: 0.31mg Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg, Eriodictyol: 0.05mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg, Luteolin: 1.61mg

Luteolin: 1.61mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg, Quercetin: 1.45mg

Nutrients (% of daily need)

Calories: 172.72kcal (8.64%), Fat: 5.93g (9.12%), Saturated Fat: 0.99g (6.18%), Carbohydrates: 24.01g (8%), Net Carbohydrates: 21.26g (7.73%), Sugar: 0.86g (0.96%), Cholesterol: 2.28mg (0.76%), Sodium: 474.92mg (20.65%), Alcohol: 0g (0%), Alcohol %: 0% (0%), Protein: 6.44g (12.89%), Manganese: 0.74mg (36.82%), Vitamin C: 18.26mg (22.14%), Magnesium: 71.69mg (17.92%), Folate: 70.53µg (17.63%), Phosphorus: 172.53mg (17.25%), Copper: 0.25mg (12.64%), Vitamin K: 13.2µg (12.57%), Fiber: 2.75g (11%), Vitamin B6: 0.21mg (10.44%), Iron: 1.87mg (10.38%), Vitamin E: 1.5mg (10.01%), Vitamin B1: 0.14mg (9.21%), Potassium: 285.85mg (8.17%), Vitamin B2: 0.13mg (7.71%), Zinc: 1.14mg (7.62%), Selenium: 4.57µg (6.53%), Vitamin B3: 1.07mg (5.34%), Vitamin B5: 0.41mg (4.06%), Calcium: 24.85mg (2.49%), Vitamin B12: 0.14µg (2.27%), Vitamin A: 109.12IU (2.18%)