



Colorful Quinoa Salad

 **Gluten Free**  **Dairy Free**

READY IN



55 min.

SERVINGS



55

CALORIES



36 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 15 oz black beans rinsed canned
- 11 oz regular corn drained canned
- 14.5 oz chicken broth fat-free reduced-sodium canned
- 5 green onions sliced
- 6 slices oscar mayer baked ham cooked finely chopped
- 0.5 cup 1/2 cup kraft zesty italian dressing italian kraft
- 1 cup quinoa uncooked
- 1 bell pepper red chopped

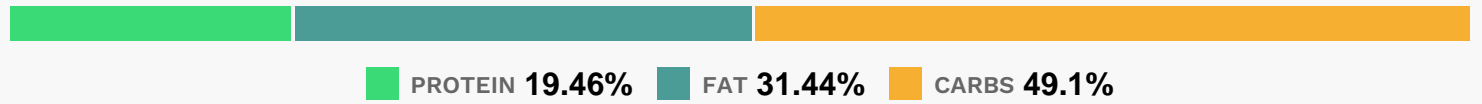
Equipment

- bowl
- sauce pan

Directions

- Bring quinoa and broth to boil in medium saucepan; cover. Simmer on low heat 15 min. or until quinoa is tender and broth is absorbed; spoon into medium bowl. Cool.
- Add remaining ingredients just before serving; mix lightly.

Nutrition Facts



Properties

Glycemic Index:1.16, Glycemic Load:0.04, Inflammation Score:-1, Nutrition Score:2.0578261102023%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg, Kaempferol: 0.02mg Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg, Quercetin: 0.12mg

Nutrients (% of daily need)

Calories: 36.37kcal (1.82%), Fat: 1.28g (1.96%), Saturated Fat: 0.29g (1.8%), Carbohydrates: 4.48g (1.49%), Net Carbohydrates: 3.66g (1.33%), Sugar: 0.36g (0.4%), Cholesterol: 1.89mg (0.63%), Sodium: 127.39mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.78g (3.55%), Manganese: 0.09mg (4.51%), Vitamin C: 3.29mg (3.99%), Folate: 13.91µg (3.48%), Vitamin K: 3.56µg (3.39%), Phosphorus: 33.45mg (3.34%), Fiber: 0.82g (3.29%), Vitamin B1: 0.04mg (2.93%), Magnesium: 10.66mg (2.66%), Iron: 0.37mg (2.05%), Copper: 0.04mg (2.02%), Vitamin B6: 0.04mg (2.01%), Potassium: 68.14mg (1.95%), Selenium: 1.27µg (1.82%), Vitamin B2: 0.03mg (1.82%), Vitamin B3: 0.35mg (1.73%), Vitamin A: 80.13IU (1.6%), Zinc: 0.24mg (1.58%), Vitamin E: 0.17mg (1.16%)