



 **68%**
HEALTH SCORE

Colorful Red Quinoa Not So Tabbouleh Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



283 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup quinoa red
- 1.5 cups water
- 1 teaspoon salt
- 0.5 avocado diced
- 0.5 tomatoes diced
- 5 radishes diced red
- 5 spring onion chopped
- 0.5 cup parsley chopped

- 0.5 cup bell pepper diced yellow
- 0.5 cup cucumber diced english
- 1 teaspoon ground pepper
- 1 teaspoon turmeric
- 0.5 teaspoon cumin
- 3.5 tablespoons red wine vinegar
- 2 tablespoons olive oil extra virgin

Equipment

- bowl
- pot
- colander

Directions

- Wash the 1 cup of quinoa in a colander for several seconds.
- Add quinoa, water and salt to a small pot and boil for 15 minutes. You will know it is cooked when it becomes soft and you see little white antennas pop from the grain.
- Meanwhile, wash all your veggies well and chop and dice them accordingly.
- Add all the veggies to a medium glass bowl and toss. In a small bowl mix the red wine vinegar, olive oil and all the spices and blend well.
- Add the vinaigrette to the salad and enjoy.
- Will keep for 1 day, but best eaten the same day.

Nutrition Facts



PROTEIN 10.48% **FAT 42.37%** **CARBS 47.15%**

Properties

Glycemic Index:54, Glycemic Load:0.73, Inflammation Score:-10, Nutrition Score:22.041739130435%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg, Pelargonidin: 3.16mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg, Epigallocatechin 3-gallate: 0.04mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg, Apigenin: 16.17mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg, Kaempferol: 0.39mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg, Quercetin: 1.91mg

Taste

Sweetness: 35.3%, Saltiness: 100%, Sourness: 58.45%, Bitterness: 67.67%, Savoriness: 45.48%, Fattiness: 69.6%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 283.32kcal (14.17%), Fat: 13.64g (20.99%), Saturated Fat: 1.87g (11.68%), Carbohydrates: 34.16g (11.39%), Net Carbohydrates: 28.1g (10.22%), Sugar: 1.37g (1.52%), Cholesterol: 0mg (0%), Sodium: 601.59mg (26.16%), Protein: 7.59g (15.18%), Vitamin K: 167.43µg (159.46%), Vitamin C: 53.29mg (64.6%), Manganese: 1.05mg (52.69%), Folate: 129.61µg (32.4%), Magnesium: 107.94mg (26.99%), Vitamin A: 1214.53IU (24.29%), Fiber: 6.06g (24.24%), Phosphorus: 234.57mg (23.46%), Vitamin E: 2.96mg (19.76%), Iron: 3.46mg (19.24%), Copper: 0.38mg (19.1%), Vitamin B6: 0.36mg (18.11%), Potassium: 583.24mg (16.66%), Vitamin B1: 0.2mg (13.57%), Vitamin B2: 0.21mg (12.21%), Zinc: 1.78mg (11.84%), Vitamin B3: 1.62mg (8.12%), Vitamin B5: 0.81mg (8.05%), Calcium: 58.92mg (5.89%), Selenium: 4.02µg (5.74%)