



Confetti Quinoa Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



6

CALORIES



117 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



6 servings pepper black freshly ground to taste



0.5 cup carrots diced



2 cups quinoa prepared cooked (to package directions)



1 garlic clove minced



2 teaspoons olive oil



2 tablespoons georgia pecan halves toasted for garnish



0.3 teaspoon rosemary leaves finely chopped



6 servings sea salt to taste

- ☐ 0.5 cup baby squash diced yellow
- ☐ 0.5 cup zucchini diced

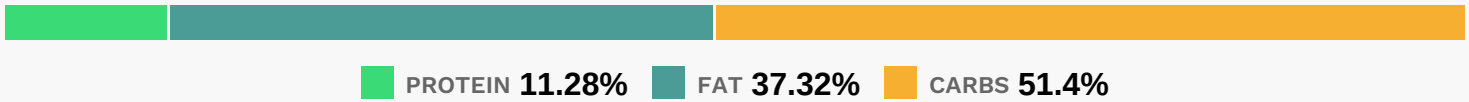
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in large skillet.
- ☐ Add the carrot, zucchini, yellow squash, and garlic, and cook until crisp tender.Fold in the cooked quinoa, rosemary, and chopped pecans.Season the quinoa with pepper and salt, to taste.Present quinoa on a large platter and garnish with additional toasted pecans.

Nutrition Facts



Properties

Glycemic Index:48.14, Glycemic Load:6.56, Inflammation Score:-8, Nutrition Score:7.7539130915766%

Flavonoids

Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg, Cyanidin: 0.36mg Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg, Delphinidin: 0.24mg Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg, Catechin: 0.24mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.03mg, Kaempferol: 0.03mg, Kaempferol: 0.03mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg, Quercetin: 0.1mg

Nutrients (% of daily need)

Calories: 117.47kcal (5.87%), Fat: 5g (7.69%), Saturated Fat: 0.55g (3.44%), Carbohydrates: 15.49g (5.16%), Net Carbohydrates: 12.9g (4.69%), Sugar: 1.65g (1.83%), Cholesterol: 0mg (0%), Sodium: 206.62mg (8.98%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.4g (6.8%), Vitamin A: 1827.15IU (36.54%), Manganese: 0.61mg (30.54%), Magnesium: 48.55mg (12.14%), Phosphorus: 115.13mg (11.51%), Fiber: 2.59g (10.36%), Copper: 0.18mg (8.82%), Folate: 33.92µg (8.48%), Vitamin B6: 0.14mg (7.08%), Vitamin B1: 0.11mg (7.02%), Iron: 1.13mg (6.31%), Zinc: 0.92mg (6.11%), Vitamin B2: 0.1mg (6.01%), Potassium: 208.94mg (5.97%), Vitamin C: 4.28mg (5.18%), Vitamin E: 0.72mg (4.82%), Vitamin K: 3.23µg (3.07%), Selenium: 1.98µg (2.83%), Vitamin B3: 0.5mg (2.48%), Calcium: 20.94mg (2.09%)