



Curried Quinoa Salad with Cucumber-Mint Raita



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 5 ounce baby spinach fresh
- ☐ 0.5 cup celery diced
- ☐ 3 tablespoons currants
- ☐ 2 teaspoons madras curry powder
- ☐ 0.3 cup cucumber diced english peeled finely
- ☐ 3 tablespoons cilantro leaves fresh chopped
- ☐ 2 teaspoons mint leaves fresh chopped

- ☐ 1 garlic clove crushed
- ☐ 0.3 cup green onions thinly sliced
- ☐ 0.8 teaspoon kosher salt
- ☐ 1 mangos diced ripe peeled
- ☐ 1 teaspoon olive oil
- ☐ 1 cup quinoa uncooked
- ☐ 2 cups water
- ☐ 6 ounce carton yogurt plain low-fat

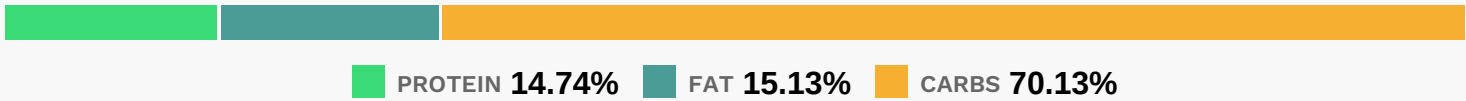
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan

Directions

- ☐ Heat oil in a medium saucepan over medium-high heat.
- ☐ Add curry and garlic to pan; cook 1 minute, stirring constantly.
- ☐ Add quinoa and 2 cups water; bring to a boil. Cover, reduce heat, and simmer 16 minutes or until tender.
- ☐ Remove from heat; stir in salt. Cool completely.
- ☐ Add mango, diced celery, thinly sliced green onions, chopped cilantro, and currants to cooled quinoa; toss gently.
- ☐ Combine 1/4 cup cucumber, 2 teaspoons mint, and yogurt in a small bowl, and stir well. Divide spinach evenly among 6 plates, and top each serving with about 3/4 cup quinoa mixture and about 2 tablespoons raita.

Nutrition Facts



Properties

Glycemic Index:39.96, Glycemic Load:4.02, Inflammation Score:-9, Nutrition Score:19.485652301622%

Flavonoids

Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg, Cyanidin: 0.03mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg, Catechin: 0.59mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg, Kaempferol: 1.61mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 182.05kcal (9.1%), Fat: 3.19g (4.91%), Saturated Fat: 0.65g (4.07%), Carbohydrates: 33.26g (11.09%), Net Carbohydrates: 29.37g (10.68%), Sugar: 11.8g (13.11%), Cholesterol: 1.7mg (0.57%), Sodium: 346.16mg (15.05%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 6.99g (13.98%), Vitamin K: 129.36µg (123.2%), Vitamin A: 2717.88IU (54.36%), Manganese: 0.9mg (45.18%), Folate: 123.87µg (30.97%), Vitamin C: 21.24mg (25.74%), Magnesium: 90.47mg (22.62%), Phosphorus: 201.95mg (20.2%), Fiber: 3.89g (15.56%), Potassium: 527.26mg (15.06%), Copper: 0.29mg (14.54%), Vitamin B6: 0.29mg (14.3%), Iron: 2.46mg (13.68%), Vitamin B2: 0.23mg (13.62%), Vitamin E: 1.79mg (11.95%), Calcium: 112.9mg (11.29%), Vitamin B1: 0.16mg (10.84%), Zinc: 1.39mg (9.29%), Selenium: 4.1µg (5.86%), Vitamin B3: 1.07mg (5.34%), Vitamin B5: 0.51mg (5.12%), Vitamin B12: 0.16µg (2.65%)