



Curried Quinoa Salad with Mango



Vegetarian



Gluten Free



Dairy Free

READY IN



85 min.

SERVINGS



4

CALORIES



187 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 1.5 cups chicken stock see
- ☐ 1.5 teaspoons curry powder
- ☐ 0.3 teaspoon garlic powder
- ☐ 3 green onions chopped
- ☐ 1 mangos diced peeled seeded
- ☐ 0.8 cup quinoa
- ☐ 0.5 teaspoon salt

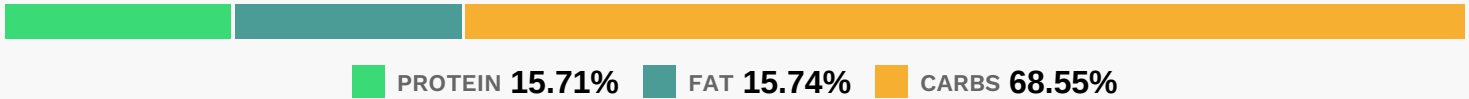
Equipment

- ☐ sauce pan

Directions

- ☐ Bring chicken stock, quinoa, curry powder, garlic powder, salt, and pepper to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, 15 to 20 minutes. Once done, scrape the quinoa into a shallow dish and allow to cool to room temperature. Stir in the mango and green onions.
- ☐ Serve either at room temperature or cold.

Nutrition Facts



Properties

Glycemic Index:31.44, Glycemic Load:3.76, Inflammation Score:-7, Nutrition Score:12.711739094361%

Flavonoids

Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg, Cyanidin: 0.05mg 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: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg, Catechin: 0.89mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg, Quercetin: 0.96mg

Nutrients (% of daily need)

Calories: 187kcal (9.35%), Fat: 3.34g (5.13%), Saturated Fat: 0.58g (3.65%), Carbohydrates: 32.7g (10.9%), Net Carbohydrates: 29.11g (10.59%), Sugar: 8.75g (9.72%), Cholesterol: 2.7mg (0.9%), Sodium: 423.46mg (18.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 7.5g (14.99%), Manganese: 0.75mg (37.29%), Vitamin C: 20.8mg (25.21%), Folate: 92.43µg (23.11%), Vitamin K: 21.94µg (20.89%), Magnesium: 75.64mg (18.91%), Phosphorus: 184.13mg (18.41%), Copper: 0.31mg (15.53%), Vitamin B6: 0.29mg (14.46%), Fiber: 3.59g (14.36%), Vitamin A: 664.91IU (13.3%), Vitamin B2: 0.21mg (12.2%), Iron: 2.11mg (11.72%), Vitamin B3: 2.33mg (11.64%), Potassium: 401.27mg (11.46%), Vitamin B1: 0.17mg (11.24%), Vitamin E: 1.49mg (9.92%), Zinc: 1.23mg (8.23%), Selenium: 5.23µg (7.48%), Vitamin B5: 0.36mg (3.58%), Calcium: 34.32mg (3.43%)