



HEALTH SCORE

75%

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Ensalada de Quinoa y Pollo (Quinoa Chicken Salad)



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



486 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients



1 avocado diced peeled



2 large carrots peeled



2 cups meat from a rotisserie chicken diced cooked



1 cup cucumber cut into pieces



3 tablespoons cilantro leaves fresh chopped



0.3 teaspoon ground cumin



4 juice of lime

- ☐ 3 tablespoons olive oil
- ☐ 1 cup quinoa organic
- ☐ 0.3 cup onion red thinly sliced
- ☐ 4 servings salt
- ☐ 4 servings salt and pepper to taste
- ☐ 1 large tomatoes diced

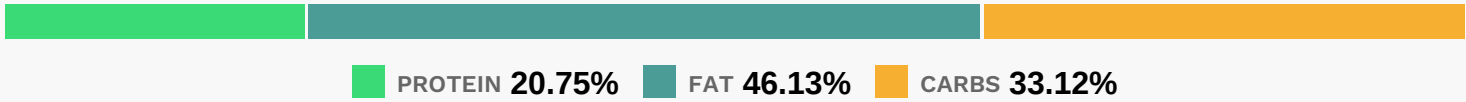
Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ peeler

Directions

- ☐ Place the quinoa in a pot.
- ☐ Add 2 cups of water, and a pinch of salt.Cover and cook on a low simmer until all the water is evaporated and the quinoa is tender about 20 minutes. Fluff with a fork and place in a large salad bowl. Using a vegetable peeler cut the carrots lengthwise into thin ribbons or slices.
- ☐ Add the chicken, carrots, cucumber, cilantro, tomato and red onion.
- ☐ Whisk together the dressing, pour it over the quinoa salad and toss gently to coat. Season to taste with salt and ground pepper.Just before serving, add the avocado and lightly mix.

Nutrition Facts



Properties

Glycemic Index:50.96, Glycemic Load:2.26, Inflammation Score:-10, Nutrition Score:28.189565161%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg,

Epigallocatechin 3–gallate: 0.08mg, Epigallocatechin 3–gallate: 0.08mg Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg, Eriodictyol: 0.66mg Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg, Hesperetin: 2.69mg Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg, Naringenin: 0.42mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg, Kaempferol: 0.19mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg, Quercetin: 2.68mg

Nutrients (% of daily need)

Calories: 485.5kcal (24.27%), Fat: 25.4g (39.07%), Saturated Fat: 4.12g (25.77%), Carbohydrates: 41.02g (13.67%), Net Carbohydrates: 32.58g (11.85%), Sugar: 4.63g (5.14%), Cholesterol: 52.5mg (17.5%), Sodium: 475.06mg (20.65%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.71g (51.42%), Vitamin A: 6562.16IU (131.24%), Manganese: 1.1mg (54.98%), Phosphorus: 393.13mg (39.31%), Vitamin B3: 7.74mg (38.68%), Vitamin B6: 0.75mg (37.53%), Folate: 145.82µg (36.46%), Fiber: 8.44g (33.76%), Magnesium: 130.26mg (32.56%), Selenium: 21.19µg (30.28%), Vitamin C: 24.28mg (29.43%), Vitamin E: 4.16mg (27.75%), Potassium: 965.23mg (27.58%), Vitamin K: 28.77µg (27.4%), Copper: 0.47mg (23.34%), Vitamin B2: 0.35mg (20.55%), Iron: 3.57mg (19.82%), Zinc: 2.97mg (19.82%), Vitamin B5: 1.98mg (19.76%), Vitamin B1: 0.29mg (19.6%), Calcium: 63.7mg (6.37%), Vitamin B12: 0.2µg (3.38%)