



Esquites Quinoa Salad with Avocado



Vegetarian



Gluten Free



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



402 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 large avocado diced
- ☐ 2 tablespoons butter
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 cups regular corn (3 ears)
- ☐ 0.3 cup cotija crumbled (or queso fresco or feta)
- ☐ 1 clove garlic chopped
- ☐ 2 green onions sliced
- ☐ 1 jalapeño diced seeded finely

- ☐ 2 tablespoons juice of lime (- 1 lime)
- ☐ 3 tablespoons mayonnaise (or Greek Yogurt or oil)
- ☐ 1 cup quinoa
- ☐ 4 servings salt to taste
- ☐ 1.8 cups water

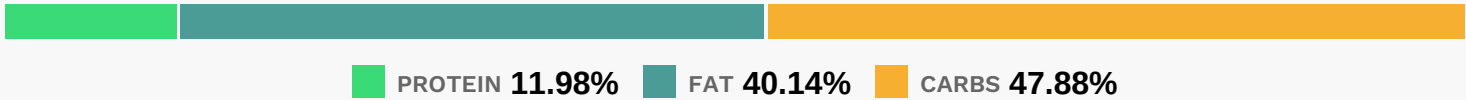
Equipment

- ☐ frying pan

Directions

- ☐ Bring the water and quinoa to a boil, reduce the heat and simmer, covered, until the quinoa is tender and has absorbed the water, about 15 minutes, remove from heat and let sit for 5 minutes, covered. Meanwhile, melt the butter in a heavy skillet over medium-high heat, add the corn, toss and let it sit cooking until charred, mix it up and let it char again, about 10-14 minutes.
- ☐ Mix everything and serve warm or at room temperature.

Nutrition Facts



Properties

Glycemic Index:67.88, Glycemic Load:8.52, Inflammation Score:-9, Nutrition Score:21.434782717539%

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: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg, Quercetin: 1.4mg

Nutrients (% of daily need)

Calories: 402.37kcal (20.12%), Fat: 18.98g (29.2%), Saturated Fat: 6.17g (38.57%), Carbohydrates: 50.93g (16.98%), Net Carbohydrates: 41.71g (15.17%), Sugar: 4.95g (5.5%), Cholesterol: 20.87mg (6.96%), Sodium: 152.51mg (6.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.74g (25.48%), Manganese: 1.13mg (56.56%), Fiber: 9.21g (36.85%), Folate: 144.88µg (36.22%), Phosphorus: 337.79mg (33.78%), Magnesium: 128.31mg (32.08%), Vitamin K: 29.77µg (28.35%), Vitamin B6: 0.53mg (26.51%), Vitamin A: 1280.51IU (25.61%), Vitamin E: 3.3mg (22.01%), Copper: 0.44mg (21.9%), Potassium: 759.46mg (21.7%), Vitamin C: 17.31mg (20.98%), Vitamin B2: 0.32mg (18.89%), Vitamin B1: 0.28mg (18.54%), Vitamin B5: 1.76mg (17.61%), Iron: 3.07mg (17.06%), Zinc: 2.52mg (16.82%), Vitamin B3: 3.18mg (15.9%), Calcium: 103.16mg (10.32%), Selenium: 7.2µg (10.29%), Vitamin B12: 0.22µg (3.65%), Vitamin D: 0.21µg (1.37%)