



HEALTH SCORE

61%

Fennel, Quinoa, Orange, Walnut, and Basil Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



306 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 cups quinoa cooked
- ☐ 1 cup fennel bulb chopped
- ☐ 0.3 cup basil fresh chopped
- ☐ 2 tablespoons juice of lemon fresh
- ☐ 1 teaspoon lemon rind grated
- ☐ 2 teaspoons olive oil
- ☐ 0.7 cup orange juice fresh

- ☐ 1 teaspoon orange rind grated
- ☐ 2 cups orange sections
- ☐ 0.1 teaspoon pepper
- ☐ 0.3 teaspoon salt
- ☐ 2 tablespoons shallots minced
- ☐ 0.3 cup walnuts toasted chopped

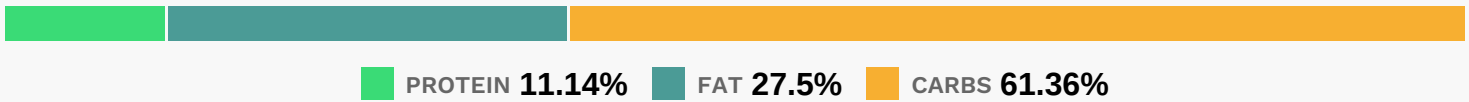
Equipment

- ☐ bowl

Directions

- ☐ Combine quinoa, fennel, and shallots in a large bowl; set aside.
- ☐ Combine lemon rind and next 7 ingredients (lemon rind through pepper) in a small bowl; stir well.
- ☐ Pour over quinoa mixture; toss well.
- ☐ Spoon 1 cup of salad onto each of 4 plates. Arrange 1/2 cup orange sections around each salad; sprinkle each salad with 1 tablespoon walnuts.

Nutrition Facts



Properties

Glycemic Index:86.13, Glycemic Load:20.13, Inflammation Score:-8, Nutrition Score:19.755217552185%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg, Eriodictyol: 0.67mg Hesperetin: 30.55mg, Hesperetin: 30.55mg, Hesperetin: 30.55mg, Hesperetin: 30.55mg Naringenin: 14.78mg, Naringenin: 14.78mg, Naringenin: 14.78mg, Naringenin: 14.78mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 306.12kcal (15.31%), Fat: 9.7g (14.93%), Saturated Fat: 1.09g (6.83%), Carbohydrates: 48.7g (16.23%), Net Carbohydrates: 41.08g (14.94%), Sugar: 14.75g (16.39%), Cholesterol: 0mg (0%), Sodium: 167.76mg (7.29%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.84g (17.68%), Vitamin C: 76.15mg (92.3%), Manganese: 1.24mg (61.8%), Fiber: 7.62g (30.48%), Magnesium: 120.35mg (30.09%), Folate: 115.16µg (28.79%), Phosphorus: 271.41mg (27.14%), Copper: 0.47mg (23.45%), Vitamin K: 21.47µg (20.45%), Vitamin B1: 0.3mg (19.82%), Potassium: 638.1mg (18.23%), Vitamin B6: 0.32mg (15.78%), Iron: 2.75mg (15.29%), Vitamin B2: 0.22mg (13.13%), Zinc: 1.9mg (12.7%), Vitamin E: 1.55mg (10.31%), Calcium: 88.77mg (8.88%), Vitamin A: 405.18IU (8.1%), Selenium: 4.97µg (7.1%), Vitamin B3: 1.25mg (6.25%), Vitamin B5: 0.43mg (4.28%)