



Golden Sunshine Quinoa Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



60 min.

SERVINGS



6

CALORIES



324 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 2.5 cups chicken broth low-sodium homemade canned
- ☐ 1 cucumber peeled halved seeded chopped
- ☐ 0.5 cup flat-leaf parsley chopped
- ☐ 0.5 cup golden raisins chopped
- ☐ 0.3 teaspoon ground cumin
- ☐ 2 tablespoons olive oil extra-virgin
- ☐ 0.5 cup orange juice fresh

- ☐ 1 teaspoon orange zest grated
- ☐ 2 cups quinoa
- ☐ 2 tablespoons rice vinegar
- ☐ 6 servings salt
- ☐ 4 scallions light white green thinly sliced

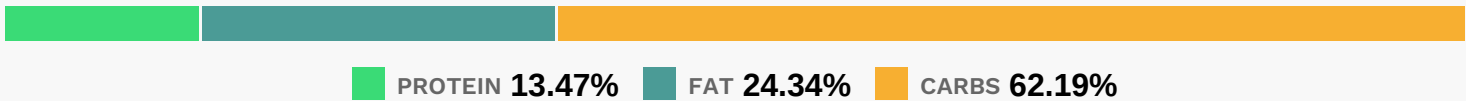
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ sieve
- ☐ plastic wrap

Directions

- ☐ Watch how to make this recipe.
- ☐ Place the quinoa in a fine-mesh sieve and rinse under cold water until the water runs clear. Bring the chicken stock to a boil in a medium saucepan over medium-high heat.
- ☐ Add the quinoa and return to a boil. Reduce the heat to low, cover, and simmer the quinoa until it has expanded fully, about 20 to 25 minutes. Uncover, fluff with a fork and set aside to cool.
- ☐ Place the cooled quinoa in a large bowl.
- ☐ Add the scallions, raisins, rice vinegar, orange juice and zest, olive oil, cumin, cucumber and parsley and toss to combine. Season with salt and pepper, to taste, cover with plastic wrap and refrigerate until cold, then serve.

Nutrition Facts



Properties

Glycemic Index:45.78, Glycemic Load:6.56, Inflammation Score:-8, Nutrition Score:21.568260674891%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg, Hesperetin: 2.47mg Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg, Naringenin: 0.44mg Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg, Apigenin: 10.78mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg, Myricetin: 0.75mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Nutrients (% of daily need)

Calories: 323.52kcal (16.18%), Fat: 8.95g (13.77%), Saturated Fat: 1.26g (7.89%), Carbohydrates: 51.47g (17.16%), Net Carbohydrates: 46.18g (16.79%), Sugar: 9.94g (11.04%), Cholesterol: 0mg (0%), Sodium: 233.23mg (10.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 11.14g (22.28%), Vitamin K: 105.58µg (100.55%), Manganese: 1.27mg (63.42%), Folate: 130.67µg (32.67%), Magnesium: 129.83mg (32.46%), Phosphorus: 323.09mg (32.31%), Vitamin C: 20.93mg (25.37%), Copper: 0.49mg (24.49%), Fiber: 5.28g (21.13%), Iron: 3.69mg (20.5%), Potassium: 656.57mg (18.76%), Vitamin B6: 0.37mg (18.46%), Vitamin B1: 0.25mg (16.59%), Vitamin B2: 0.26mg (15.5%), Vitamin E: 2.18mg (14.52%), Zinc: 2.08mg (13.87%), Vitamin B3: 2.56mg (12.82%), Vitamin A: 589.23IU (11.78%), Selenium: 5.06µg (7.24%), Vitamin B5: 0.64mg (6.43%), Calcium: 61.15mg (6.11%), Vitamin B12: 0.1µg (1.64%)