



Greek Infused Quinoa Salad



Vegetarian



Gluten Free



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



331 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 14 oz artichoke hearts halved canned
- ☐ 0.3 cup olives whole black pitted chopped
- ☐ 0.5 cup cherry tomatoes halved
- ☐ 4 servings olive oil extra virgin
- ☐ 4 oz feta cheese
- ☐ 1 garlic clove chopped
- ☐ 1 lemon zest fresh juiced
- ☐ 9 servings mint leaves fresh

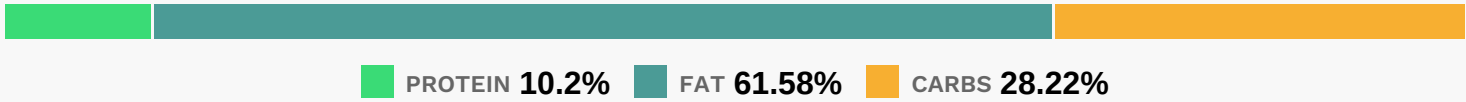
- ☐ 0.5 onion chopped
- ☐ 3 sprigs oregano fresh
- ☐ 0.5 cup quinoa
- ☐ 4 servings salt and pepper to taste
- ☐ 1 cup vegetable stock low sodium

Equipment

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Greek Infused Quinoa Salad
- ☐ Ingredients1/2 onion, chopped1–2 garlic cloves, choppedA few sprigs of fresh oregano1/2 cup quinoa1 cup low sodium vegetable stock1/4 cup black olives, pitted and chopped or left whole1 can (14 oz.) artichoke hearts, halved1/2 cup cherry tomatoes, halved1 fresh lemon, zested and juiced
- ☐ Extra virgin olive oilA few fresh mint leaves4 oz feta cheese
- ☐ Salt and pepper, to taste
- ☐ Total Time: 1 Hour
- ☐ Servings: 4 side servings
- ☐ Kosher Key: Dairy

Nutrition Facts



Properties

Glycemic Index:33.5, Glycemic Load:1.01, Inflammation Score:-9, Nutrition Score:12.461739094361%

Flavonoids

Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg, Eriodictyol: 0.7mg Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg, Hesperetin: 0.23mg Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg, Apigenin: 0.14mg

0.14mg Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg, Luteolin: 0.35mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg, Quercetin: 2.93mg

Nutrients (% of daily need)

Calories: 331.38kcal (16.57%), Fat: 22.8g (35.08%), Saturated Fat: 6.06g (37.89%), Carbohydrates: 23.52g (7.84%), Net Carbohydrates: 18.87g (6.86%), Sugar: 2.49g (2.76%), Cholesterol: 25.23mg (8.41%), Sodium: 1255.19mg (54.57%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.49g (16.99%), Manganese: 0.59mg (29.58%), Vitamin E: 3.29mg (21.95%), Phosphorus: 207.38mg (20.74%), Vitamin B2: 0.33mg (19.48%), Calcium: 192.4mg (19.24%), Fiber: 4.65g (18.6%), Vitamin K: 18.97µg (18.07%), Folate: 59.8µg (14.95%), Vitamin B6: 0.29mg (14.4%), Magnesium: 57.5mg (14.37%), Iron: 2.12mg (11.8%), Zinc: 1.61mg (10.71%), Vitamin C: 8.18mg (9.92%), Vitamin A: 494.17IU (9.88%), Vitamin B1: 0.14mg (9.46%), Selenium: 6.48µg (9.26%), Copper: 0.18mg (9.23%), Vitamin B12: 0.48µg (7.99%), Potassium: 238.73mg (6.82%), Vitamin B5: 0.51mg (5.12%), Vitamin B3: 0.86mg (4.29%)