



Greek Quinoa

 Vegetarian  Gluten Free

READY IN



60 min.

SERVINGS



4

CALORIES



350 kcal

SIDE DISH

Ingredients

- 1 cup quinoa rinsed uncooked drained well
- 2 cups water
- 1 cucumber peeled very thinly sliced
- 0.5 bell pepper red thinly sliced
- 0.5 cup onion red thinly sliced
- 2 oz feta cheese crumbled
- 0.3 cup kalamata olives pitted chopped
- 1 juice of lemon

- 0.3 cup olive oil extra virgin extra-virgin
- 2 cloves garlic finely chopped
- 1 serving salt and pepper to taste

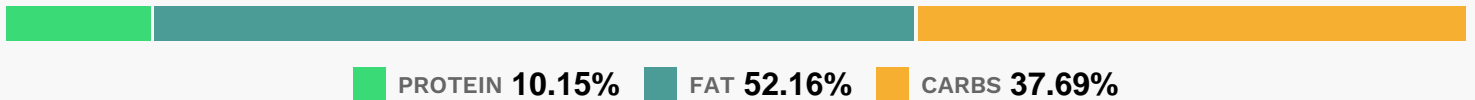
Equipment

- bowl
- sauce pan
- whisk

Directions

- In 2-quart saucepan, heat quinoa and water to boiling; reduce heat. Cover; simmer 15 to 20 minutes or until all water is absorbed.
- In large bowl, toss cooked quinoa, cucumber, bell pepper, onion, cheese and olives.
- In small bowl, mix dressing ingredients with whisk.
- Pour over salad and toss well. Cover; refrigerate at least 30 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:32.75, Glycemic Load:1.05, Inflammation Score:-8, Nutrition Score:16.300434884818%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg, Isorhamnetin: 1mg Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg, Kaempferol: 0.14mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg, Quercetin: 4.15mg

Nutrients (% of daily need)

Calories: 350.29kcal (17.51%), Fat: 20.63g (31.74%), Saturated Fat: 4.25g (26.57%), Carbohydrates: 33.54g (11.18%), Net Carbohydrates: 29.06g (10.57%), Sugar: 2.76g (3.06%), Cholesterol: 12.62mg (4.21%), Sodium: 353.2mg

(15.36%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.03g (18.06%), Manganese: 0.99mg (49.57%), Vitamin C: 26.29mg (31.87%), Phosphorus: 270.64mg (27.06%), Folate: 105.68µg (26.42%), Magnesium: 102.14mg (25.54%), Vitamin E: 3.6mg (24.01%), Vitamin B6: 0.4mg (19.86%), Fiber: 4.48g (17.94%), Copper: 0.35mg (17.68%), Vitamin B2: 0.29mg (17.35%), Vitamin B1: 0.22mg (14.79%), Vitamin K: 14.73µg (14.03%), Iron: 2.45mg (13.63%), Zinc: 1.96mg (13.07%), Vitamin A: 619.65IU (12.39%), Potassium: 428.08mg (12.23%), Calcium: 117.26mg (11.73%), Selenium: 6.23µg (8.89%), Vitamin B5: 0.74mg (7.38%), Vitamin B3: 1.02mg (5.1%), Vitamin B12: 0.24µg (3.99%)