



Greek Quinoa Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



45 min.

SERVINGS



10

CALORIES



96 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups cherry tomatoes halved
- 1 small cucumber english chopped
- 0.5 cup optional: dill fresh chopped
- 1 cup quinoa uncooked
- 0.5 cup greek vinaigrette with feta cheese and oregano dressing made with extra virgin olive oil kraft
- 1.5 cups water
- 1 bell pepper yellow chopped

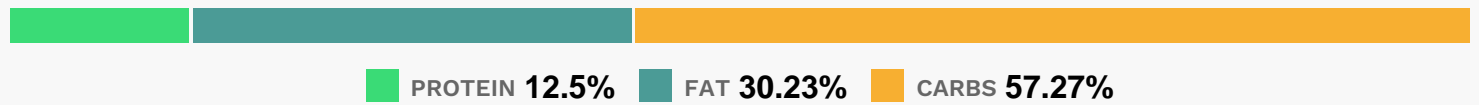
Equipment

- bowl
- sauce pan

Directions

- Bring water and quinoa to boil in saucepan on high heat; cover.
- Simmer on medium–low heat 15 min. or until liquid is absorbed. Cool slightly; fluff with fork.
- Spoon quinoa into medium bowl.
- Add remaining ingredients; mix lightly.

Nutrition Facts



Properties

Glycemic Index:1.5, Glycemic Load:0.02, Inflammation Score:-5, Nutrition Score:7.5517390914585%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg, Isorhamnetin: 1.02mg Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg, Kaempferol: 0.36mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg, Quercetin: 1.64mg

Nutrients (% of daily need)

Calories: 95.74kcal (4.79%), Fat: 3.31g (5.09%), Saturated Fat: 0.44g (2.74%), Carbohydrates: 14.11g (4.7%), Net Carbohydrates: 12.4g (4.51%), Sugar: 1.24g (1.38%), Cholesterol: 0mg (0%), Sodium: 8.22mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.08g (6.16%), Vitamin C: 31.47mg (38.14%), Manganese: 0.44mg (22.21%), Folate: 43.87µg (10.97%), Magnesium: 43.15mg (10.79%), Phosphorus: 97.64mg (9.76%), Copper: 0.16mg (7.84%), Vitamin A: 384.77IU (7.7%), Iron: 1.29mg (7.14%), Vitamin B6: 0.14mg (7.13%), Potassium: 247.37mg (7.07%), Fiber: 1.71g (6.82%), Vitamin K: 7.05µg (6.72%), Vitamin E: 0.9mg (6.01%), Vitamin B1: 0.08mg (5.65%), Vitamin B2: 0.08mg (4.73%), Zinc: 0.67mg (4.49%), Vitamin B3: 0.59mg (2.95%), Vitamin B5: 0.28mg (2.77%), Selenium: 1.72µg (2.46%), Calcium: 23.35mg (2.34%)