



 64%
HEALTH SCORE

Healthy and Delicious: Confetti Quinoa Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy  Popular

READY IN



50 min.

SERVINGS



4

CALORIES



363 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 carrots
- 2 cups ears corn fresh
- 1 jalapeno
- 2 juice of lime
- 1 tablespoon olive oil
- 3 tablespoons parsley
- 1 cup quinoa
- 1.5 cups kidney beans red

- 1 bell pepper red
- 4 servings sea salt fresh to taste
- 2 shallots
- 2 cups water

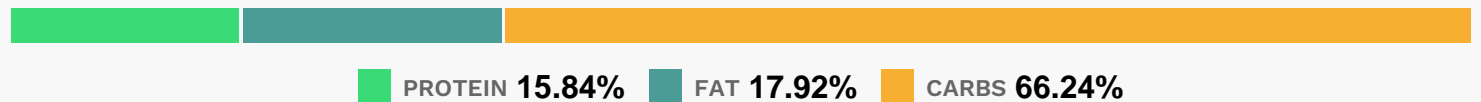
Equipment

- mixing bowl

Directions

- Rinse quinoa to remove bitter coating. Then cook quinoa in water for 15 minutes or until fluffy. Set aside.
- Dice red onion, red bell pepper, carrot. Seed and mince jalapeño pepper. Keep the seeds for a spicier salad. Chop parsley.
- Combine all the chopped vegetables in a large mixing bowl along with corn.
- Add oil, lime juice, salt, and pepper to the vegetables and stir well to combine.
- Toss quinoa with veggies, serve warm or chilled, and swoon.

Nutrition Facts



Properties

Glycemic Index:51.03, Glycemic Load:4.64, Inflammation Score:-10, Nutrition Score:29.271304006162%

Flavonoids

Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg, Eriodictyol: 0.33mg Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg, Hesperetin: 1.35mg Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg, Naringenin: 0.06mg Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg, Apigenin: 6.47mg Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg, Luteolin: 0.28mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg, Myricetin: 0.67mg Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg, Quercetin: 4.89mg

Nutrients (% of daily need)

Calories: 362.82kcal (18.14%), Fat: 7.58g (11.66%), Saturated Fat: 1.1g (6.87%), Carbohydrates: 62.99g (21%), Net Carbohydrates: 51.95g (18.89%), Sugar: 8.13g (9.03%), Cholesterol: 0mg (0%), Sodium: 229.4mg (9.97%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 15.06g (30.12%), Vitamin A: 3919.11IU (78.38%), Vitamin C: 58.35mg (70.72%), Manganese: 1.4mg (70.09%), Vitamin K: 61.41µg (58.48%), Folate: 222.77µg (55.69%), Fiber: 11.05g (44.18%), Magnesium: 152.86mg (38.21%), Phosphorus: 378.33mg (37.83%), Vitamin B1: 0.41mg (27.53%), Iron: 4.82mg (26.8%), Vitamin B6: 0.53mg (26.39%), Potassium: 898.76mg (25.68%), Copper: 0.5mg (25.13%), Zinc: 2.58mg (17.22%), Vitamin E: 2.37mg (15.79%), Vitamin B2: 0.26mg (15.16%), Vitamin B3: 2.88mg (14.42%), Vitamin B5: 1.21mg (12.08%), Selenium: 5.07µg (7.25%), Calcium: 62.11mg (6.21%)