



HEALTH SCORE

61%

Herby quinoa, feta & pomegranate salad



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



25 min.

SERVINGS



4

CALORIES



611 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 300 g quinoa
- ☐ 1 onion red finely chopped
- ☐ 85 g golden raisins
- ☐ 100 g feta cheese crumbled
- ☐ 200 g pomegranate seeds
- ☐ 85 g pinenuts flaked toasted
- ☐ 1 small flat parsley roughly chopped
- ☐ 3 juice of lemon

☐ 1 tsp sugar

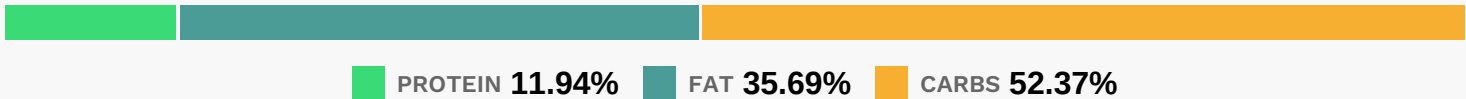
Equipment

☐ bowl

Directions

- ☐ Cook the quinoa following pack instructions it should be tender but with a little bite.
- ☐ Drain well and spread over a platter or wide, shallow bowl to cool quickly and steam dry.
- ☐ When the quinoa is just about cool stir through all of the remaining ingredients with plenty of seasoning.

Nutrition Facts



Properties

Glycemic Index:69.94, Glycemic Load:15.58, Inflammation Score:-8, Nutrition Score:29.130000091117%

Flavonoids

Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg, Catechin: 0.2mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg, Epicatechin: 0.04mg Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg, Eriodictyol: 1.1mg Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg, Hesperetin: 3.26mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg, Apigenin: 0.54mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg, Kaempferol: 0.76mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg, Quercetin: 6.18mg Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg, Gallocatechin: 0.09mg

Nutrients (% of daily need)

Calories: 611.02kcal (30.55%), Fat: 25.23g (38.82%), Saturated Fat: 5.01g (31.3%), Carbohydrates: 83.3g (27.77%), Net Carbohydrates: 73.87g (26.86%), Sugar: 22.97g (25.53%), Cholesterol: 22.25mg (7.42%), Sodium: 294.7mg (12.81%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19g (37.99%), Manganese: 3.57mg (178.29%), Phosphorus: 601.54mg (60.15%), Magnesium: 223.5mg (55.88%), Folate: 182.97µg (45.74%), Copper: 0.9mg (45.1%), Fiber: 9.43g (37.72%), Vitamin B2: 0.58mg (33.89%), Vitamin B6: 0.64mg (32.05%), Zinc: 4.72mg (31.46%), Iron: 5.39mg (29.93%), Vitamin B1: 0.44mg (29.29%), Vitamin E: 4.22mg (28.16%), Potassium: 905.87mg (25.88%),

Vitamin K: 25.06µg (23.86%), Vitamin C: 17.02mg (20.64%), Calcium: 186.19mg (18.62%), Selenium: 10.84µg (15.48%), Vitamin B3: 2.77mg (13.83%), Vitamin B5: 1.17mg (11.7%), Vitamin B12: 0.42µg (7.04%), Vitamin A: 145.12IU (2.9%)