



WHATSheATE



Inca Red Quinoa Salad with Sweet Apple Chicken Sausage



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



8

CALORIES



275 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup baby beets cooked quartered
- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.3 teaspoon pepper black
- ☐ 12 ounce al fresco® apple chicken sausage sweet
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 1 tablespoon mint leaves fresh chopped for garnish (reserve leaves)
- ☐ 2 tablespoons honey

- ☐ 2 navel oranges cut into round slices
- ☐ 1 teaspoon orange peel freshly grated
- ☐ 0.5 cup pomegranate juice
- ☐ 1 cup quinoa red dry
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.5 cup bell pepper diced red
- ☐ 0.3 teaspoon salt
- ☐ 2 cups water

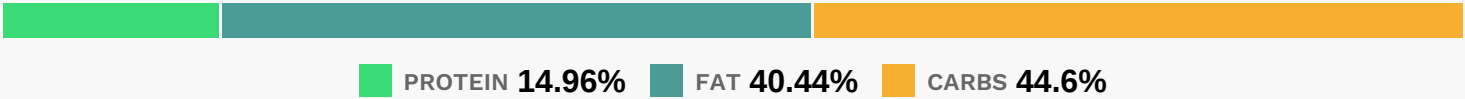
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk
- ☐ mixing bowl
- ☐ pot

Directions

- ☐ Using a medium skillet coated with pan spray, brown the sweet apple chicken sausages over medium high heat.
- ☐ Meanwhile, bring a large pot of water to a boil, add red quinoa stir in. Reduce to a simmer, cover and cook until quinoa is tender, 10 – 15 minutes. Quinoa should be crunchy. Strain and chill with cold water, drain well.
- ☐ Transfer to a mixing bowl, and toss in the beets, orange peel, red onion, red pepper and fresh mint.
- ☐ In a separate bowl, whisk together the balsamic vinegar, pomegranate juice, olive oil, honey, Dijon mustard, salt and pepper.
- ☐ Pour over the salad mixture and mix well.
- ☐ Slice the browned sweet apple chicken sausage 1/4 inch on the diagonal, and toss with the quinoa salad. Chill or serve immediately
- ☐ Arrange with the orange slices and garnish with fresh mint.

Nutrition Facts



Properties

Glycemic Index:32.16, Glycemic Load:4.21, Inflammation Score:-7, Nutrition Score:10.440434663192%

Flavonoids

Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg, Cyanidin: 0.37mg Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg, Delphinidin: 0.13mg Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg, Pelargonidin: 0.01mg Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg, Eriodictyol: 0.19mg Hesperetin: 7.72mg, Hesperetin: 7.72mg, Hesperetin: 7.72mg, Hesperetin: 7.72mg Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg, Naringenin: 2.48mg Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg, Apigenin: 0.04mg Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg, Luteolin: 0.5mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg, Quercetin: 2.33mg

Nutrients (% of daily need)

Calories: 274.67kcal (13.73%), Fat: 12.73g (19.58%), Saturated Fat: 2.16g (13.52%), Carbohydrates: 31.59g (10.53%), Net Carbohydrates: 28.02g (10.19%), Sugar: 13.17g (14.63%), Cholesterol: 30.02mg (10.01%), Sodium: 538.75mg (23.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.6g (21.19%), Vitamin C: 35.97mg (43.6%), Manganese: 0.6mg (30.13%), Folate: 94.06µg (23.51%), Magnesium: 57.56mg (14.39%), Fiber: 3.57g (14.28%), Phosphorus: 125.6mg (12.56%), Vitamin A: 569.01IU (11.38%), Vitamin E: 1.55mg (10.32%), Potassium: 353.6mg (10.1%), Iron: 1.81mg (10.07%), Vitamin B6: 0.2mg (9.95%), Copper: 0.19mg (9.28%), Vitamin B1: 0.12mg (8.15%), Vitamin B2: 0.11mg (6.72%), Zinc: 0.87mg (5.82%), Vitamin K: 5.44µg (5.18%), Calcium: 39.9mg (3.99%), Vitamin B5: 0.4mg (3.95%), Vitamin B3: 0.73mg (3.65%), Selenium: 2.17µg (3.1%)