



HEALTH SCORE

100%

Kale, Quinoa, and Avocado Salad with Lemon Dijon Vinaigrette

 Gluten Free  Very Healthy

READY IN



40 min.

SERVINGS



1

CALORIES



1207 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.5 avocado diced pitted peeled
- 0.5 cup cucumber chopped
- 1.5 tablespoons dijon mustard
- 1 tablespoon feta cheese crumbled
- 0.3 teaspoon ground pepper black
- 1 bunch kale
- 2 tablespoons juice of lemon

- 0.3 cup olive oil
- 0.7 cup quinoa
- 0.3 cup bell pepper red chopped
- 2 tablespoons onion red chopped
- 1 serving salad
- 0.8 teaspoon sea salt
- 1 serving dressing
- 1.3 cups water

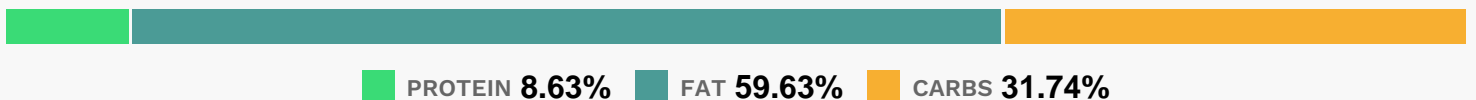
Equipment

- bowl
- sauce pan
- whisk
- steamer basket

Directions

- Bring the quinoa and 1 1/3 cup water to a boil in a saucepan. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes. Set aside to cool.
- Place kale in a steamer basket over 1 inch of boiling water in a saucepan. Cover saucepan with a lid and steam kale until hot, about 45 seconds; transfer to a large plate. Top kale with quinoa, avocado, cucumber, bell pepper, red onion, and feta cheese.
- Whisk olive oil, lemon juice, Dijon mustard, sea salt, and black pepper together in a bowl until the oil emulsifies into the dressing; pour over the salad.

Nutrition Facts



Properties

Glycemic Index:237, Glycemic Load:2.36, Inflammation Score:-10, Nutrition Score:60.411739191283%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg, Eriodictyol: 1.46mg Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg, Hesperetin: 4.34mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg, Luteolin: 0.37mg Isorhamnetin: 31.68mg, Isorhamnetin: 31.68mg, Isorhamnetin: 31.68mg, Isorhamnetin: 31.68mg Kaempferol: 60.98mg, Kaempferol: 60.98mg, Kaempferol: 60.98mg, Kaempferol: 60.98mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 33.64mg, Quercetin: 33.64mg, Quercetin: 33.64mg, Quercetin: 33.64mg

Nutrients (% of daily need)

Calories: 1206.69kcal (60.33%), Fat: 82.74g (127.3%), Saturated Fat: 13.06g (81.65%), Carbohydrates: 99.09g (33.03%), Net Carbohydrates: 76.06g (27.66%), Sugar: 6.85g (7.61%), Cholesterol: 15.54mg (5.18%), Sodium: 2307.28mg (100.32%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 26.95g (53.9%), Vitamin K: 570.04µg (542.89%), Vitamin A: 15300.22IU (306%), Vitamin C: 219.64mg (266.23%), Manganese: 3.66mg (183.19%), Folate: 434.43µg (108.61%), Vitamin E: 14.48mg (96.52%), Fiber: 23.03g (92.12%), Magnesium: 335.57mg (83.89%), Phosphorus: 775.17mg (77.52%), Vitamin B2: 1.19mg (70.04%), Vitamin B6: 1.34mg (66.93%), Potassium: 1954.21mg (55.83%), Copper: 1.1mg (54.88%), Calcium: 531.29mg (53.13%), Iron: 9.33mg (51.82%), Vitamin B1: 0.77mg (51.18%), Zinc: 5.71mg (38.07%), Selenium: 21.89µg (31.27%), Vitamin B5: 3.06mg (30.58%), Vitamin B3: 6.09mg (30.44%), Vitamin B12: 0.29µg (4.8%)