



Kale & Summer Squash Salad with Quinoa & Lemon

 Gluten Free

READY IN



30 min.

SERVINGS



6

CALORIES



270 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.5 cup flat leaf parsley leaves
- ☐ 1 cup basil leaves fresh
- ☐ 2 cup tuscan kale
- ☐ 2 teaspoon kosher salt as needed plus more
- ☐ 2 tablespoon juice of lemon fresh
- ☐ 6 lemon wedges
- ☐ 1 teaspoon lemon zest

- ☐ 6 tablespoon olive oil extra-virgin
- ☐ 2 tablespoon parmesan finely grated plus more shavings as garnish
- ☐ 1 pinch freshly cracked pepper black
- ☐ 0.5 cup quinoa rinsed drained
- ☐ 1 tablespoon sherry vinegar
- ☐ 0.5 cup walnuts toasted
- ☐ 1 pound summer squash green yellow

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk
- ☐ peeler

Directions

- ☐ Bring 4 cups salted water to a boil in a medium saucepan.
- ☐ Add 2 teaspoons salt and quinoa, cover with lid and reduce heat to medium-low. Simmer until tender but , 12–15 minutes.
- ☐ Drain well and return quinoa to hot saucepan. Cover with lid and let sit for 15 minutes. Uncover and fluff with a fork and let cool.Use a mandolin or vegetable peeler to thinly slice squash, some lengthwise and some crosswise.
- ☐ Whisk grated Parmesan, zest, juice, and vinegar in a medium bowl. Gradually whisk in oil. Season dressing with salt and pepper.
- ☐ Combine squash, quinoa, kale, parsley, walnuts, and basil in a large bowl.
- ☐ Pour dressing over; toss to coat.
- ☐ Garnish with shaved Parmesan and lemon wedges.

Nutrition Facts



 PROTEIN 8.01%  FAT 69.71%  CARBS 22.28%

Properties

Glycemic Index:45.08, Glycemic Load:1.08, Inflammation Score:-10, Nutrition Score:17.726956560398%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg Eriodictyol: 4.09mg, Eriodictyol: 4.09mg, Eriodictyol: 4.09mg, Eriodictyol: 4.09mg Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg, Hesperetin: 5.75mg Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg, Apigenin: 10.79mg Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg, Luteolin: 0.41mg Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg, Isorhamnetin: 1.65mg Kaempferol: 3.36mg, Kaempferol: 3.36mg, Kaempferol: 3.36mg, Kaempferol: 3.36mg Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg, Myricetin: 0.83mg Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg, Quercetin: 1.82mg

Nutrients (% of daily need)

Calories: 270.45kcal (13.52%), Fat: 22.02g (33.88%), Saturated Fat: 2.97g (18.54%), Carbohydrates: 15.84g (5.28%), Net Carbohydrates: 12.29g (4.47%), Sugar: 2.63g (2.92%), Cholesterol: 1.13mg (0.38%), Sodium: 811.86mg (35.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.7g (11.39%), Vitamin K: 136.91µg (130.4%), Vitamin C: 38.8mg (47.04%), Manganese: 0.86mg (43.24%), Vitamin A: 1504.17IU (30.08%), Folate: 75.35µg (18.84%), Vitamin E: 2.68mg (17.84%), Magnesium: 66.21mg (16.55%), Vitamin B6: 0.33mg (16.3%), Copper: 0.31mg (15.65%), Phosphorus: 151.31mg (15.13%), Fiber: 3.55g (14.2%), Vitamin B2: 0.21mg (12.32%), Potassium: 418.24mg (11.95%), Iron: 1.97mg (10.95%), Vitamin B1: 0.14mg (9.56%), Calcium: 85.32mg (8.53%), Zinc: 1.14mg (7.57%), Vitamin B3: 0.91mg (4.53%), Vitamin B5: 0.37mg (3.66%), Selenium: 2.37µg (3.39%)