



## Layered Quinoa Salad

 Vegetarian  Gluten Free

READY IN



20 min.

SERVINGS



8

CALORIES



226 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 carrots shredded
- 8 oz colby & monterey jack cheese cut into cubes kraft
- 1 cup quinoa cooled cooked
- 1.5 cups cucumber
- 2 cups grape tomatoes halved
- 0.5 cup onions red thinly sliced
- 6 cups torn romaine lettuce loosely packed
- 0.5 cup sun tomato vinaigrette dressing dried kraft

# Equipment

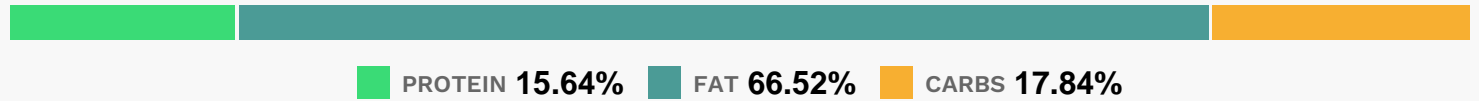
bowl

# Directions

Layer all ingredients except dressing in large glass bowl.

Add dressing just before serving; toss lightly.

# Nutrition Facts



# Properties

Glycemic Index:25.85, Glycemic Load:3.2, Inflammation Score:-10, Nutrition Score:14.66782605648%

# Flavonoids

Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg, Naringenin: 0.25mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg, Quercetin: 3.04mg

# Nutrients (% of daily need)

Calories: 226.47kcal (11.32%), Fat: 17.11g (26.32%), Saturated Fat: 6.92g (43.28%), Carbohydrates: 10.32g (3.44%), Net Carbohydrates: 7.93g (2.88%), Sugar: 3.26g (3.62%), Cholesterol: 25.23mg (8.41%), Sodium: 182.71mg (7.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.05g (18.11%), Vitamin A: 4891.72IU (97.83%), Vitamin K: 58.06µg (55.3%), Calcium: 239.08mg (23.91%), Phosphorus: 191.34mg (19.13%), Folate: 75.18µg (18.8%), Manganese: 0.29mg (14.41%), Vitamin B2: 0.18mg (10.59%), Vitamin C: 8.5mg (10.3%), Fiber: 2.39g (9.57%), Magnesium: 36.39mg (9.1%), Potassium: 312.25mg (8.92%), Zinc: 1.32mg (8.83%), Vitamin E: 1.25mg (8.31%), Selenium: 5.23µg (7.47%), Vitamin B6: 0.14mg (7.1%), Iron: 1.09mg (6.06%), Copper: 0.12mg (5.87%), Vitamin B1: 0.09mg (5.7%), Vitamin B12: 0.24µg (3.92%), Vitamin B3: 0.55mg (2.75%), Vitamin B5: 0.24mg (2.36%), Vitamin D: 0.17µg (1.13%)