



Lemony Quinoa Salad with Shaved Vegetables



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



299 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 carrots peeled
- ☐ 1 fennel bulb cored
- ☐ 1 juice of lemon
- ☐ 2 lemon zest finely grated
- ☐ 1 cup quinoa red rinsed
- ☐ 1 radishes black
- ☐ 8 large radishes red
- ☐ 4 servings salt and pepper freshly ground

- ☐ 2 tablespoons vegetable oil
- ☐ 2.5 cups water

Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ mandoline

Directions

- ☐ Using a mandoline, thinly slice the radishes, carrot and fennel bulb.
- ☐ Transfer to a large bowl of ice water and refrigerate for about 1 hour, until crisp.
- ☐ Meanwhile, in a saucepan, bring the quinoa and water to a boil. Cover and cook over low heat until the water is absorbed and the quinoa is tender, 20 minutes.
- ☐ Let cool.
- ☐ Drain and dry the vegetables. In a bowl, combine the lemon zest and juice with the oil.
- ☐ Add the quinoa and toss; season with salt and pepper.
- ☐ Serve the quinoa in bowls, topped with the vegetables.

Nutrition Facts



Properties

Glycemic Index:38.96, Glycemic Load:3.55, Inflammation Score:-10, Nutrition Score:26.719999935316%

Flavonoids

Pelargonidin: 215.27mg, Pelargonidin: 215.27mg, Pelargonidin: 215.27mg, Pelargonidin: 215.27mg Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg, Eriodictyol: 1mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg, Kaempferol: 2.97mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg, Quercetin: 0.19mg

Nutrients (% of daily need)

Calories: 298.52kcal (14.93%), Fat: 9.9g (15.23%), Saturated Fat: 1.51g (9.42%), Carbohydrates: 45.59g (15.2%), Net Carbohydrates: 34.58g (12.57%), Sugar: 9.68g (10.75%), Cholesterol: 0mg (0%), Sodium: 377.5mg (16.41%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.26g (18.52%), Vitamin C: 65.16mg (78.98%), Manganese: 1.23mg (61.71%), Vitamin A: 2657.82IU (53.16%), Vitamin K: 55.69µg (53.04%), Folate: 184.03µg (46.01%), Fiber: 11.01g (44.05%), Potassium: 1337.36mg (38.21%), Magnesium: 131.98mg (33%), Phosphorus: 297.97mg (29.8%), Vitamin B6: 0.51mg (25.31%), Copper: 0.49mg (24.72%), Iron: 3.61mg (20.04%), Vitamin B2: 0.3mg (17.6%), Zinc: 2.45mg (16.35%), Calcium: 147.95mg (14.79%), Vitamin B1: 0.21mg (14.23%), Vitamin E: 2.05mg (13.68%), Vitamin B5: 1.09mg (10.87%), Vitamin B3: 2.06mg (10.28%), Selenium: 6.11µg (8.73%)