



 **51%**
HEALTH SCORE

Mediterranean Quinoa Salad

 Vegetarian  Gluten Free

READY IN



50 min.

SERVINGS



8

CALORIES



200 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup cherry tomatoes halved
- 1 small cucumber english chopped
- 2 cups chicken broth fat-free reduced-sodium
- 0.5 cup athenos feta cheese crumbled traditional
- 1 cup quinoa uncooked
- 1 small onion red thin
- 10 cups tightly torn romaine lettuce packed
- 0.5 cup greek vinaigrette dressing divided kraft

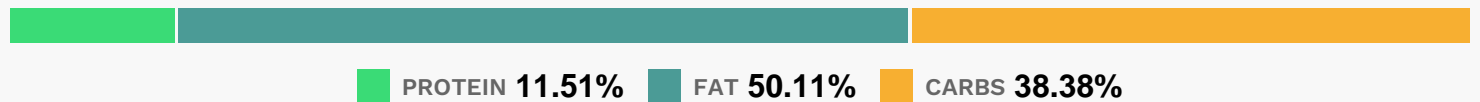
Equipment

- bowl
- sauce pan

Directions

- Bring broth and quinoa to boil in saucepan on high heat; simmer on medium-low heat 15 min. or until liquid is absorbed. Cool.
- Combine tomatoes, cucumbers and onions in medium bowl.
- Add 1/4 cup dressing; mix lightly.
- Cover platter with lettuce; top with quinoa, vegetable mixture and cheese.
- Drizzle with remaining dressing.

Nutrition Facts



Properties

Glycemic Index:6.75, Glycemic Load:0.38, Inflammation Score:-10, Nutrition Score:18.021304586659%

Flavonoids

Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg, Quercetin: 4.23mg

Nutrients (% of daily need)

Calories: 199.93kcal (10%), Fat: 11.48g (17.66%), Saturated Fat: 2.86g (17.9%), Carbohydrates: 19.79g (6.6%), Net Carbohydrates: 16.52g (6.01%), Sugar: 2.85g (3.16%), Cholesterol: 8.34mg (2.78%), Sodium: 348.25mg (15.14%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.93g (11.87%), Vitamin A: 5290.39IU (105.81%), Vitamin K: 82.55µg (78.62%), Folate: 130.23µg (32.56%), Manganese: 0.6mg (29.94%), Phosphorus: 170.78mg (17.08%), Magnesium: 60.36mg (15.09%), Fiber: 3.27g (13.09%), Vitamin B2: 0.22mg (12.83%), Vitamin B6: 0.24mg (12.04%), Potassium: 404.64mg (11.56%), Iron: 1.94mg (10.79%), Vitamin B1: 0.16mg (10.69%), Vitamin C: 8.66mg (10.5%), Copper: 0.2mg (10.1%), Vitamin E: 1.45mg (9.67%), Calcium: 89.07mg (8.91%), Zinc: 1.2mg (8%), Selenium: 5.22µg (7.46%), Vitamin B5: 0.54mg (5.44%), Vitamin B3: 1.07mg (5.34%), Vitamin B12: 0.27µg (4.53%)