



Mediterranean Quinoa Salad



Vegetarian



Gluten Free

READY IN



110 min.

SERVINGS



4

CALORIES



254 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup quinoa uncooked
- ☐ 2 cups chicken broth (from two 14-oz cans)
- ☐ 0.5 cup roasted peppers red drained chopped (from 7-oz jar)
- ☐ 0.5 cup provolone cheese cubed
- ☐ 0.3 cup kalamata olives chopped
- ☐ 2 tablespoons basil fresh chopped
- ☐ 2 tablespoons salad dressing fat-free italian

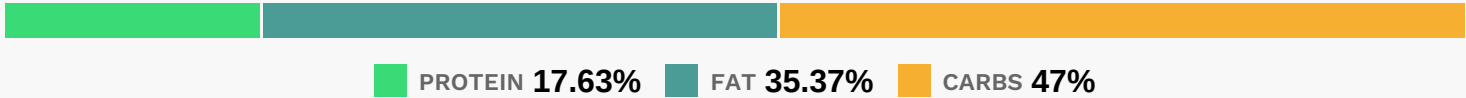
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Rinse quinoa under cold water 1 minute; drain.
- ☐ In 2-quart saucepan, heat quinoa and broth to boiling; reduce heat. Cover and simmer 15 to 20 minutes or until quinoa is tender; drain. Cool completely, about 45 minutes.
- ☐ In large serving bowl, toss quinoa and remaining ingredients.
- ☐ Serve immediately, or refrigerate 1 to 2 hours before serving.

Nutrition Facts



Properties

Glycemic Index:24.25, Glycemic Load:0.1, Inflammation Score:-6, Nutrition Score:13.174347869728%

Flavonoids

Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg

Nutrients (% of daily need)

Calories: 253.78kcal (12.69%), Fat: 10.04g (15.45%), Saturated Fat: 3.52g (22.02%), Carbohydrates: 30.02g (10.01%), Net Carbohydrates: 26.54g (9.65%), Sugar: 1.4g (1.56%), Cholesterol: 13.73mg (4.58%), Sodium: 998.76mg (43.42%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.26g (22.53%), Manganese: 0.96mg (48.07%), Phosphorus: 286.21mg (28.62%), Magnesium: 93.36mg (23.34%), Folate: 83.58µg (20.9%), Calcium: 163.66mg (16.37%), Copper: 0.31mg (15.54%), Vitamin B2: 0.26mg (15.53%), Fiber: 3.48g (13.92%), Zinc: 1.98mg (13.2%), Iron: 2.34mg (13.01%), Vitamin B6: 0.26mg (12.94%), Vitamin B1: 0.19mg (12.58%), Vitamin E: 1.6mg (10.7%), Vitamin C: 8.35mg (10.12%), Selenium: 6.75µg (9.64%), Potassium: 321.12mg (9.17%), Vitamin K: 8.55µg (8.14%), Vitamin A: 332.93IU (6.66%), Vitamin B3: 1.06mg (5.32%), Vitamin B12: 0.26µg (4.41%), Vitamin B5: 0.43mg (4.28%)