



Mediterranean Quinoa Salad



Vegetarian



Gluten Free



Popular

READY IN



25 min.

SERVINGS



6

CALORIES



266 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 15 ounce chickpeas drained and rinsed canned
- ☐ 1 cup cucumber sliced
- ☐ 3 tablespoons olive oil extra virgin
- ☐ 0.3 cup feta crumbled
- ☐ 1 clove garlic grated
- ☐ 0.3 cup kalamata olives
- ☐ 0.5 teaspoon oregano
- ☐ 1 cup quinoa rinsed

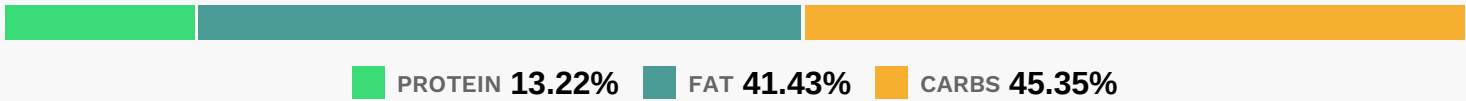
- ☐ 0.3 cup onion diced red
- ☐ 3 tablespoons red wine vinegar (- 1 lemon)
- ☐ 6 servings salt and pepper to taste
- ☐ 1 cup tomatoes sliced
- ☐ 1.5 cups water

Equipment

Directions

- ☐ Bring the quinoa and water to a boil, reduce the temperature to medium-low and simmer, covered, until the liquid has been absorbed, about 15 minutes, and let sit covered for 5 minutes before letting it cool.Meanwhile, prepare the remaining ingredients.
- ☐ Mix the quinoa, tomatoes, cucumber, red onion, olives, feta and chickpeas and toss in the mixture of the lemon juice, oil, oregano, garlic, salt and pepper.

Nutrition Facts



Properties

Glycemic Index:30.39, Glycemic Load:3.15, Inflammation Score:-7, Nutrition Score:13.476521779014%

Flavonoids

Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg, Naringenin: 0.17mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg, Quercetin: 1.51mg

Nutrients (% of daily need)

Calories: 265.64kcal (13.28%), Fat: 12.41g (19.09%), Saturated Fat: 2.27g (14.2%), Carbohydrates: 30.57g (10.19%), Net Carbohydrates: 24.63g (8.96%), Sugar: 1.28g (1.43%), Cholesterol: 5.56mg (1.85%), Sodium: 557.01mg (24.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.91g (17.81%), Manganese: 1.23mg (61.56%), Vitamin B6: 0.55mg (27.43%), Fiber: 5.94g (23.74%), Phosphorus: 221.63mg (22.16%), Magnesium: 84.29mg (21.07%), Folate: 80.53µg (20.13%), Copper: 0.33mg (16.51%), Vitamin E: 2.1mg (13.99%), Iron: 2.51mg (13.94%), Zinc: 1.66mg (11.07%), Potassium: 373.69mg (10.68%), Vitamin B1: 0.16mg (10.39%), Vitamin B2: 0.17mg (9.84%), Vitamin K: 9.03µg (8.6%),

Calcium: 84.96mg (8.5%), Selenium: 4.95µg (7.07%), Vitamin C: 4.87mg (5.91%), Vitamin B5: 0.58mg (5.8%),
Vitamin A: 288.91IU (5.78%), Vitamin B3: 0.77mg (3.86%), Vitamin B12: 0.11µg (1.76%)