



HEALTH SCORE

86%

Moroccan Quinoa Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



105 min.

SERVINGS



6

CALORIES



526 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 29 ounce garbanzo beans drained canned
- ☐ 2 carrots shredded
- ☐ 4 cups chicken broth
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup mint leaves fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 5 cloves garlic minced
- ☐ 1.5 teaspoons ground cinnamon

- ☐ 1.5 teaspoons ground cumin
- ☐ 1.5 teaspoons ground ginger
- ☐ 6 juice of lemon juiced
- ☐ 3 tablespoons olive oil
- ☐ 2 cups quinoa red
- ☐ 1.3 cups raisins
- ☐ 3 shallots diced
- ☐ 2 cups water hot

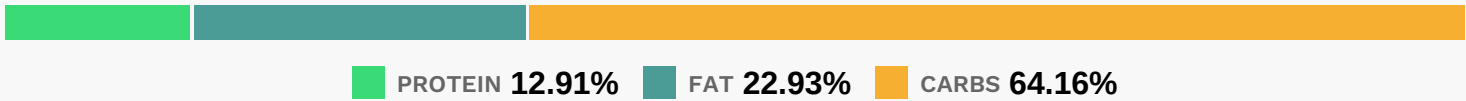
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Heat the olive oil in a skillet over medium heat. Stir in the garlic and shallots; cook and stir until the shallots have softened and turned translucent, about 5 minutes. Stir in the cumin, ginger, and cinnamon. Cook until fragrant, about 1 minute more.
- ☐ Add the chicken broth and quinoa, and bring to a boil, then reduce heat to low. Cover and cook until the quinoa is tender and the liquid has been absorbed, about 20 minutes.
- ☐ Meanwhile, place raisins in a bowl and cover with hot water. Soak until the raisins soften and plump up, about 15 minutes.
- ☐ Drain and set aside.
- ☐ Fluff the quinoa with a fork and stir in the lemon juice.
- ☐ Remove from heat and allow to cool to room temperature. Stir in the garbanzo beans, raisins, carrots, parsley, basil, and mint.
- ☐ Serve at room temperature or chilled.

Nutrition Facts



Properties

Glycemic Index:52.99, Glycemic Load:19.2, Inflammation Score:-10, Nutrition Score:32.202174248903%

Flavonoids

Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg, Eriodictyol: 2.24mg Hesperetin: 4.59mg, Hesperetin: 4.59mg, Hesperetin: 4.59mg, Hesperetin: 4.59mg Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg, Naringenin: 0.41mg Apigenin: 7.32mg, Apigenin: 7.32mg, Apigenin: 7.32mg, Apigenin: 7.32mg Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg, Luteolin: 0.38mg Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg, Kaempferol: 0.1mg Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg, Myricetin: 0.55mg Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg, Quercetin: 0.21mg

Nutrients (% of daily need)

Calories: 525.51kcal (26.28%), Fat: 13.95g (21.46%), Saturated Fat: 1.78g (11.1%), Carbohydrates: 87.78g (29.26%), Net Carbohydrates: 73.9g (26.87%), Sugar: 3.47g (3.86%), Cholesterol: 3.13mg (1.04%), Sodium: 997.51mg (43.37%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 17.66g (35.32%), Manganese: 2.86mg (142.86%), Vitamin A: 3896.34IU (77.93%), Vitamin K: 67.43µg (64.22%), Vitamin B6: 1.11mg (55.56%), Fiber: 13.88g (55.53%), Magnesium: 175.26mg (43.81%), Phosphorus: 426.51mg (42.65%), Folate: 162.59µg (40.65%), Copper: 0.73mg (36.53%), Iron: 6.33mg (35.18%), Potassium: 995.9mg (28.45%), Vitamin C: 21.89mg (26.53%), Vitamin B1: 0.36mg (23.77%), Vitamin B2: 0.38mg (22.55%), Zinc: 3.14mg (20.95%), Vitamin E: 2.7mg (18.02%), Calcium: 132.68mg (13.27%), Selenium: 9.25µg (13.21%), Vitamin B3: 2.16mg (10.82%), Vitamin B5: 1.05mg (10.5%)