



## Orange Quinoa Salad

 Vegetarian  Gluten Free

READY IN



45 min.

SERVINGS



10

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 3 tablespoons almonds toasted sliced
- 0.1 teaspoon pepper black freshly ground
- 2 tablespoons olive oil extravirgin
- 0.3 cup parsley fresh chopped
- 1 cup green onions thinly sliced
- 2 teaspoons honey
- 1.5 tablespoons buttermilk low-fat
- 0.3 cup orange juice fresh

- 1.3 cups quinoa uncooked
- 0.5 teaspoon salt
- 1 cup cranberries dried sweetened
- 2.8 cups water

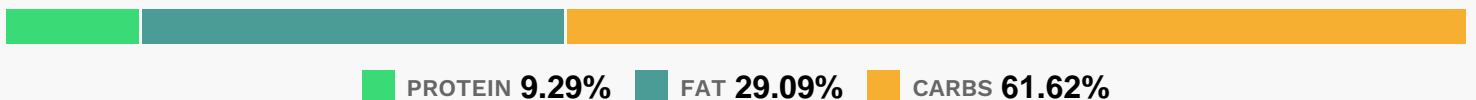
## Equipment

- bowl
- frying pan
- sauce pan
- whisk
- sieve

## Directions

- To prepare dressing, combine first 6 ingredients in a small bowl; stir with a whisk until well blended.
- To prepare salad, place quinoa in a large nonstick skillet; cook 4 minutes over medium heat, stirring frequently.
- Place quinoa in a fine sieve; place sieve in a large bowl. Cover quinoa with water. Using your hands, rub grains together for 30 seconds; rinse and drain. Repeat procedure twice.
- Drain well.
- Combine quinoa, 2 3/4 cups water, and 1/2 teaspoon salt in a large saucepan; bring to a boil. Cover and reduce heat; simmer 20 minutes or until liquid is absorbed.
- Remove from heat, and cool to room temperature. Stir in dressing, onions, and the remaining ingredients. Cover and chill.

## Nutrition Facts



## Properties

Glycemic Index:21.03, Glycemic Load:1.13, Inflammation Score:-5, Nutrition Score:9.8930434902077%

## Flavonoids

Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg, Cyanidin: 0.15mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg, Epigallocatechin: 0.08mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg, Hesperetin: 0.74mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg, Apigenin: 4.31mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg, Isorhamnetin: 0.08mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg, Myricetin: 0.59mg Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg, Quercetin: 1.65mg

## Nutrients (% of daily need)

Calories: 174.8kcal (8.74%), Fat: 5.88g (9.04%), Saturated Fat: 0.69g (4.34%), Carbohydrates: 28.01g (9.34%), Net Carbohydrates: 25.06g (9.11%), Sugar: 10.96g (12.18%), Cholesterol: 0.09mg (0.03%), Sodium: 127.53mg (5.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.22g (8.45%), Vitamin K: 56.16µg (53.48%), Manganese: 0.59mg (29.31%), Magnesium: 57.89mg (14.47%), Vitamin E: 2.05mg (13.68%), Folate: 54.47µg (13.62%), Phosphorus: 127mg (12.7%), Fiber: 2.95g (11.81%), Copper: 0.2mg (9.89%), Vitamin C: 7.69mg (9.33%), Iron: 1.5mg (8.36%), Vitamin B2: 0.13mg (7.38%), Vitamin B1: 0.1mg (6.86%), Vitamin B6: 0.13mg (6.53%), Potassium: 211.13mg (6.03%), Zinc: 0.89mg (5.94%), Vitamin A: 284.98IU (5.7%), Calcium: 35.31mg (3.53%), Selenium: 2.25µg (3.21%), Vitamin B3: 0.63mg (3.13%), Vitamin B5: 0.25mg (2.5%)