



Quinoa-Almond Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



50 min.

SERVINGS



6

CALORIES



192 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 cup quinoa rinsed uncooked
- ☐ 2 cups water
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup carrots shredded (1 small)
- ☐ 0.3 cup almonds sliced toasted
- ☐ 0.3 cup cherries dried
- ☐ 2 tablespoons parsley fresh chopped
- ☐ 2 tablespoons soybean oil

- ☐ 2 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon salt
- ☐ 1 Dash pepper

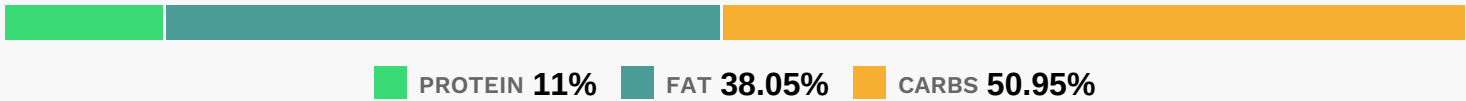
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Heat quinoa, water and salt to boiling in 2-quart saucepan, stirring once or twice; reduce heat to low. Cover and simmer 12 to 15 minutes or until tender.
- ☐ Remove saucepan from heat; let stand 5 minutes. Fluff quinoa with fork; cool 15 minutes.
- ☐ In small bowl, beat all vinaigrette ingredients with whisk.
- ☐ Mix vinaigrette, quinoa and remaining salad ingredients in large bowl.
- ☐ Serve warm, or cover and refrigerate about 4 hours or until chilled.

Nutrition Facts



Properties

Glycemic Index:28.47, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:11.12565218884%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg, Epigallocatechin: 0.1mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg, Eriodictyol: 0.01mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg, Apigenin: 2.87mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg, Isorhamnetin: 0.1mg Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg, Kaempferol: 0.06mg Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg, Myricetin: 0.2mg Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg, Quercetin: 0.04mg

Nutrients (% of daily need)

Calories: 192.19kcal (9.61%), Fat: 8.2g (12.62%), Saturated Fat: 1.04g (6.52%), Carbohydrates: 24.72g (8.24%), Net Carbohydrates: 21.43g (7.79%), Sugar: 4.1g (4.55%), Cholesterol: 0mg (0%), Sodium: 403.12mg (17.53%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.34g (10.67%), Vitamin A: 2077.68IU (41.55%), Manganese: 0.69mg (34.56%), Vitamin K: 31.64µg (30.13%), Magnesium: 69.58mg (17.4%), Phosphorus: 153.47mg (15.35%), Folate: 57.88µg (14.47%), Vitamin E: 2.12mg (14.16%), Fiber: 3.28g (13.14%), Copper: 0.23mg (11.4%), Iron: 1.68mg (9.32%), Vitamin B2: 0.14mg (8.31%), Vitamin B6: 0.16mg (7.96%), Vitamin B1: 0.12mg (7.87%), Zinc: 1.05mg (7.01%), Potassium: 235.41mg (6.73%), Calcium: 37.65mg (3.77%), Selenium: 2.58µg (3.68%), Vitamin B3: 0.69mg (3.46%), Vitamin C: 2.4mg (2.91%), Vitamin B5: 0.27mg (2.71%)