



# Quinoa and Chickpea Salad with Sun-Dried Tomatoes and Dried Cherries

 Vegetarian  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



539 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 0.3 cup cashew pieces raw whole chopped
- 0.3 cup cherries dried
- 1.5 cups chickpeas dried cooked
- 0.5 teaspoon thyme dried
- 0.5 teaspoon cumin
- 1.5 tablespoons honey
- 1 orange juice juiced

- 2 tablespoons olive oil
- 2 cups quinoa dried cooked
- 2 teaspoons red wine vinegar red
- 6 servings sea salt fresh black to taste
- 0.5 cup sun-dried olives
- 0.5 teaspoon turmeric

## Equipment

- frying pan
- sauce pan
- whisk
- mixing bowl

## Directions

- Rinse the quinoa and soak for 8 hours or overnight in 2 cups of water. Rinse the chickpeas and soak for 8 hours or overnight in several inches of water. Rinse the chickpeas and transfer to a small saucepan. Cover with fresh water and bring to a boil. Reduce heat to medium-low, cover, and simmer for 1 hour or until buttery soft. While the chickpeas are cooking, soak the sun-dried tomatoes in hot water for 30 minutes, then drain and chop. Meanwhile, bring the quinoa to a boil in a medium saucepan. Reduce heat to the lowest setting, cover, and simmer for 15 minutes or until the water is absorbed.
- Remove from heat and wait 5 minutes before fluffing with a fork. Meanwhile, toast the cashews in a dry unoled skillet or saucepan over medium-low heat, tossing or stirring frequently, for 10 minutes until browned.
- Transfer the chickpeas, quinoa, sun-dried tomatoes, cashews and dried cherries to a large mixing bowl.
- Whisk the dressing ingredients together and pour over the salad. Stir to combine and serve at room temperature or chilled.

## Nutrition Facts



**PROTEIN 15.09%** **FAT 23.8%** **CARBS 61.11%**

## Properties

Glycemic Index:31.66, Glycemic Load:8.91, Inflammation Score:0, Nutrition Score:30.838260869565%

## Flavonoids

Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

## Nutrients (% of daily need)

Calories: 538.7kcal (26.94%), Fat: 14.62g (22.49%), Saturated Fat: 1.97g (12.29%), Carbohydrates: 84.48g (28.16%), Net Carbohydrates: 69.7g (25.35%), Sugar: 17.87g (19.85%), Cholesterol: 0mg (0%), Sodium: 221.3mg (9.62%), Protein: 20.86g (41.72%), Manganese: 2.57mg (128.69%), Folate: 394.21µg (98.55%), Fiber: 14.78g (59.11%), Copper: 1.06mg (52.75%), Magnesium: 210.24mg (52.56%), Phosphorus: 520.59mg (52.06%), Iron: 7.49mg (41.62%), Vitamin B1: 0.53mg (35.46%), Potassium: 1149.58mg (32.85%), Vitamin B6: 0.61mg (30.66%), Zinc: 4.11mg (27.38%), Vitamin B2: 0.34mg (20.08%), Vitamin E: 2.55mg (17.01%), Selenium: 10.92µg (15.6%), Vitamin B5: 1.51mg (15.07%), Vitamin K: 15.16µg (14.44%), Vitamin C: 10.76mg (13.04%), Vitamin B3: 2.6mg (13.02%), Calcium: 103.04mg (10.3%), Vitamin A: 385.89IU (7.72%)