



Quinoa and Parsley Salad



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



184 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 0.5 cup celery thinly sliced
- ☐ 0.3 cup pumpkinseed kernels unsalted toasted
- ☐ 0.5 cup apricots dried finely chopped
- ☐ 0.8 cup parsley leaves fresh
- ☐ 0.5 cup green onions thinly sliced
- ☐ 1 tablespoon honey
- ☐ 3 tablespoons juice of lemon fresh

- ☐ 1 tablespoon olive oil
- ☐ 0.5 cup quinoa uncooked
- ☐ 0.3 teaspoon salt
- ☐ 1 cup water

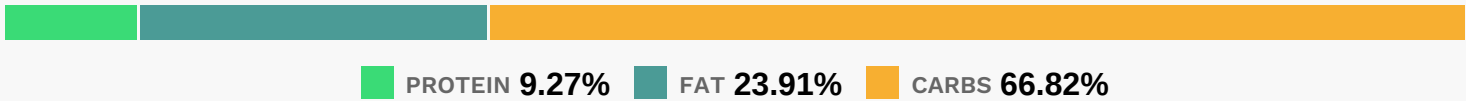
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring water and quinoa to a boil in a medium saucepan. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed. Spoon into a bowl; fluff with a fork.
- ☐ Add parsley, celery, onions, and apricots.
- ☐ Whisk lemon juice, olive oil, honey, salt, and black pepper.
- ☐ Add to quinoa mixture, and toss well. Top with seeds.

Nutrition Facts



Properties

Glycemic Index:53.42, Glycemic Load:5.63, Inflammation Score:-9, Nutrition Score:15.208260930103%

Flavonoids

Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg, Eriodictyol: 0.55mg Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg, Hesperetin: 1.63mg Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg, Naringenin: 0.16mg Apigenin: 24.6mg, Apigenin: 24.6mg, Apigenin: 24.6mg, Apigenin: 24.6mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg, Kaempferol: 0.37mg Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg, Myricetin: 1.67mg Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg, Quercetin: 1.46mg

Nutrients (% of daily need)

Calories: 183.74kcal (9.19%), Fat: 5.16g (7.94%), Saturated Fat: 0.69g (4.32%), Carbohydrates: 32.46g (10.82%), Net Carbohydrates: 28.61g (10.4%), Sugar: 14.28g (15.87%), Cholesterol: 0mg (0%), Sodium: 190.82mg (8.3%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.5g (9.01%), Vitamin K: 216.89µg (206.56%), Vitamin A: 1723.61IU (34.47%), Manganese: 0.55mg (27.74%), Vitamin C: 22.41mg (27.16%), Folate: 76.54µg (19.13%), Fiber: 3.85g (15.41%), Magnesium: 59.5mg (14.87%), Potassium: 467.36mg (13.35%), Iron: 2.4mg (13.35%), Vitamin E: 1.94mg (12.94%), Phosphorus: 128.85mg (12.89%), Copper: 0.23mg (11.55%), Vitamin B6: 0.16mg (8.22%), Vitamin B2: 0.12mg (7.11%), Vitamin B1: 0.1mg (6.98%), Zinc: 0.97mg (6.44%), Vitamin B3: 1.12mg (5.59%), Calcium: 52.25mg (5.23%), Vitamin B5: 0.39mg (3.9%), Selenium: 2.42µg (3.46%)