



Quinoa and Vegetable Salad (Gluten-Free)

 Vegetarian  Gluten Free

READY IN



70 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 14.5 oz canned tomatoes gluten-free diced drained canned
- 0.5 cup feta cheese gluten-free crumbled
- 2 tablespoons basil fresh chopped
- 15 oz garbanzo beans gluten-free rinsed drained canned
- 0.3 cup kalamata olives pitted quartered
- 2 tablespoons juice of lemon fresh
- 2 tablespoons olive oil
- 1 cup quinoa uncooked

- 1 cup bell pepper red chopped
- 15.3 oz corn gluten-free sweet whole drained canned

Equipment

- bowl

Directions

- Rinse quinoa under cold water 1 minute; drain. Cook quinoa as directed on package; drain. Cool completely, about 30 minutes.
- Meanwhile, in small nonmetal bowl, place lemon juice, oil and basil; mix well. Set aside for dressing.
- In large bowl, gently toss cooked quinoa, beans, corn, tomatoes, bell pepper and olives.
- Pour dressing over quinoa mixture; toss gently to coat.
- Serve immediately or refrigerate 1 to 2 hours before serving.
- Just before serving, sprinkle with cheese.
- Garnish with basil leaves if desired.

Nutrition Facts



PROTEIN 14.3% **FAT 33.74%** **CARBS 51.96%**

Properties

Glycemic Index:34.56, Glycemic Load:4.45, Inflammation Score:-8, Nutrition Score:20.336956587823%

Flavonoids

Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg, Eriodictyol: 0.24mg Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg, Hesperetin: 0.72mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Quercetin: 0.08mg, Quercetin: 0.08mg, Quercetin: 0.08mg

Nutrients (% of daily need)

Calories: 334.84kcal (16.74%), Fat: 12.92g (19.87%), Saturated Fat: 3.01g (18.78%), Carbohydrates: 44.75g (14.92%), Net Carbohydrates: 37.55g (13.65%), Sugar: 4.23g (4.7%), Cholesterol: 11.13mg (3.71%), Sodium: 666.99mg (29%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.32g (24.64%), Manganese: 1.36mg (68.05%), Vitamin C: 41.44mg (50.23%), Vitamin B6: 0.71mg (35.35%), Folate: 116.76µg (29.19%), Fiber: 7.2g (28.79%), Phosphorus:

287.3mg (28.73%), Magnesium: 103.49mg (25.87%), Copper: 0.44mg (22.2%), Vitamin A: 1057.12IU (21.14%), Vitamin E: 2.93mg (19.55%), Iron: 3.49mg (19.4%), Potassium: 616.36mg (17.61%), Vitamin B2: 0.28mg (16.21%), Vitamin B1: 0.22mg (14.84%), Zinc: 2.19mg (14.58%), Calcium: 131.65mg (13.16%), Vitamin B3: 2.32mg (11.59%), Vitamin K: 10.75µg (10.24%), Selenium: 6.21µg (8.87%), Vitamin B5: 0.83mg (8.3%), Vitamin B12: 0.21µg (3.52%)