



 **56%**
HEALTH SCORE

Quinoa and Vegetable Tabouli Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



566 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 cup olives black sliced
- 2 cups cucumber diced peeled deseeded
- 0.5 teaspoon garlic powder
- 0.8 cup spring onion thinly sliced
- 1.5 cups bell pepper diced green deseeded
- 0.3 teaspoon pepper fresh black
- 1 tablespoon seasoning dried italian
- 0.3 cup juice of lemon

- 0.5 teaspoon lemon pepper
- 0.3 cup mint leaves chopped
- 0.3 cup olive oil
- 0.3 cup parsley chopped
- 1.5 cups quinoa rinsed
- 0.8 cup radishes thinly sliced quartered
- 0.5 cup roasted sunflower seeds
- 1 teaspoon sea salt
- 1 ginger tea bags
- 2 cups tomatoes diced deseeded
- 3 cups water

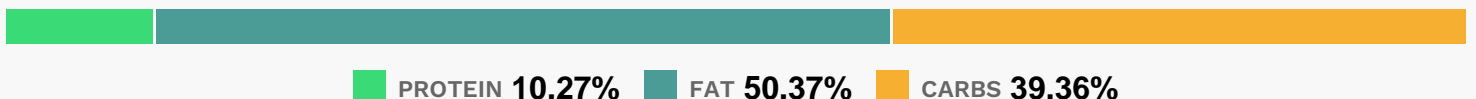
Equipment

- bowl
- sauce pan
- whisk

Directions

- In a medium saucepan, bring the water and tea bag to a boil.
- Add the quinoa, cover, reduce the heat to low, and simmer for 15 minutes.
- Drain off any of the remaining water from the quinoa and discard the tea bag.
- Transfer the cooked quinoa to a bowl and set aside to cool. In a small bowl, whisk together the lemon juice, olive oil, Italian herb blend, salt, garlic powder, lemon pepper, and black pepper.
- Pour the dressing over the cooled quinoa and toss gently to combine.
- Add the remaining ingredients and toss gently to combine. Taste and adjust seasonings, as needed. Cover and chill for 30-60 minutes to allow the flavors to blend. Enjoy!

Nutrition Facts



Properties

Glycemic Index:58.25, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:38.95869528729%

Flavonoids

Pelargonidin: 13.73mg, Pelargonidin: 13.73mg, Pelargonidin: 13.73mg, Pelargonidin: 13.73mg Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg, Eriodictyol: 1.86mg Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg, Hesperetin: 3.23mg Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg, Naringenin: 0.79mg Apigenin: 10.94mg, Apigenin: 10.94mg, Apigenin: 10.94mg, Apigenin: 10.94mg Luteolin: 3.13mg, Luteolin: 3.13mg, Luteolin: 3.13mg, Luteolin: 3.13mg Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg, Kaempferol: 0.62mg Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg, Myricetin: 0.84mg Quercetin: 3.76mg, Quercetin: 3.76mg, Quercetin: 3.76mg

Nutrients (% of daily need)

Calories: 565.71kcal (28.29%), Fat: 32.84g (50.52%), Saturated Fat: 4.48g (27.98%), Carbohydrates: 57.75g (19.25%), Net Carbohydrates: 46.87g (17.04%), Sugar: 6.26g (6.96%), Cholesterol: 0mg (0%), Sodium: 915.68mg (39.81%), Alcohol: 0g (100%), Protein: 15.06g (30.12%), Vitamin K: 155.81µg (148.39%), Manganese: 2.05mg (102.63%), Vitamin C: 79.63mg (96.53%), Vitamin E: 11.74mg (78.28%), Phosphorus: 548.88mg (54.89%), Folate: 218.71µg (54.68%), Magnesium: 188.01mg (47%), Copper: 0.91mg (45.61%), Fiber: 10.88g (43.51%), Vitamin B6: 0.73mg (36.55%), Vitamin A: 1683.53IU (33.67%), Iron: 5.67mg (31.51%), Potassium: 1002.51mg (28.64%), Selenium: 19.22µg (27.45%), Vitamin B1: 0.39mg (26.3%), Zinc: 3.47mg (23.13%), Vitamin B5: 2.07mg (20.73%), Vitamin B2: 0.34mg (20.23%), Vitamin B3: 2.78mg (13.89%), Calcium: 134.52mg (13.45%)