



Quinoa and Winter Fruit Salad



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



377 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 large bosc pear--peeled cored cut into 1/2 -inch dice
- ☐ 2 tablespoons cilantro leaves coarsely chopped
- ☐ 1 medium cucumber--peeled seeded cut into 1/2 -inch dice
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 kumquats--halved seeded coarsely chopped
- ☐ 2.5 tablespoons juice of lemon fresh
- ☐ 0.3 cup olive oil pure
- ☐ 0.5 pound quinoa rinsed

- ☐ 1.5 cups water
- ☐ 1 cup watercress stemmed coarsely chopped

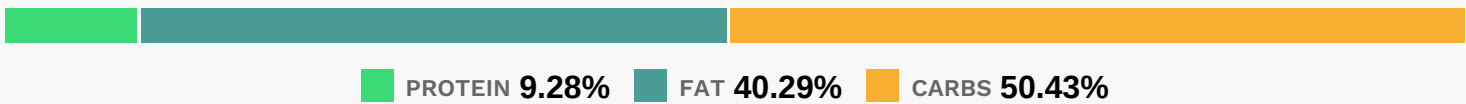
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ In a medium saucepan, combine the quinoa and water and bring to a boil. Simmer over low heat, stirring often, until just tender, about 12 minutes; the grains should be separate and intact.
- ☐ Drain the quinoa and let cool completely.
- ☐ In a small bowl, combine the kumquats and cilantro with the olive oil, lemon juice and salt and let steep for 5 minutes.
- ☐ In a large bowl, toss together the quinoa, pear and cucumber.
- ☐ Add the dressing and toss well.
- ☐ Add the watercress and toss again.
- ☐ Serve at once.

Nutrition Facts



Properties

Glycemic Index:28.94, Glycemic Load:2.69, Inflammation Score:-7, Nutrition Score:17.472608649212%

Flavonoids

Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg, Cyanidin: 1.18mg Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg, Catechin: 0.16mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg, Epicatechin: 2.16mg Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg, Epicatechin 3-gallate: 0.01mg Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg, Epigallocatechin 3-gallate: 0.1mg Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg, Eriodictyol: 0.46mg Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg, Hesperetin: 1.36mg Naringenin: 5.58mg,

Naringenin: 5.58mg, Naringenin: 5.58mg, Naringenin: 5.58mg Apigenin: 2.09mg, Apigenin: 2.09mg, Apigenin: 2.09mg, Apigenin: 2.09mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 1.96mg, Kaempferol: 1.96mg, Kaempferol: 1.96mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg, Quercetin: 3.17mg

Nutrients (% of daily need)

Calories: 376.59kcal (18.83%), Fat: 17.22g (26.49%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 48.48g (16.16%), Net Carbohydrates: 41.68g (15.16%), Sugar: 7.44g (8.27%), Cholesterol: 0mg (0%), Sodium: 304.43mg (13.24%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 8.92g (17.84%), Manganese: 1.25mg (62.66%), Vitamin K: 36.15µg (34.42%), Magnesium: 126.95mg (31.74%), Folate: 119.77µg (29.94%), Phosphorus: 284.32mg (28.43%), Fiber: 6.8g (27.19%), Vitamin E: 3.53mg (23.53%), Copper: 0.45mg (22.46%), Vitamin C: 15.59mg (18.89%), Vitamin B6: 0.34mg (16.87%), Iron: 2.99mg (16.63%), Vitamin B1: 0.24mg (16.01%), Potassium: 510.87mg (14.6%), Vitamin B2: 0.23mg (13.43%), Zinc: 1.94mg (12.94%), Vitamin A: 371.34IU (7.43%), Selenium: 5.02µg (7.17%), Vitamin B5: 0.65mg (6.46%), Calcium: 58.62mg (5.86%), Vitamin B3: 1.04mg (5.21%)