



Quinoa Avocado Tabbouleh



Vegetarian



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



60 min.

SERVINGS



4

CALORIES



627 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 1 tsp agave nectar
- ☐ 1 avocado diced ripe peeled
- ☐ 0.3 cup olive oil extra virgin
- ☐ 0.3 cup basil fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 2 tbsp juice of lemon fresh
- ☐ 1 tbsp mayonnaise
- ☐ 1 persian cucumber grated peeled

- ☐ 0.3 cup pinenuts toasted
- ☐ 2 cups quinoa
- ☐ 4 cups the salad well (arugula, spinach or spring greens work)
- ☐ 0.3 tsp salt
- ☐ 4 servings salt and pepper to taste
- ☐ 3 medium vine ripened tomato diced (12 oz. total)

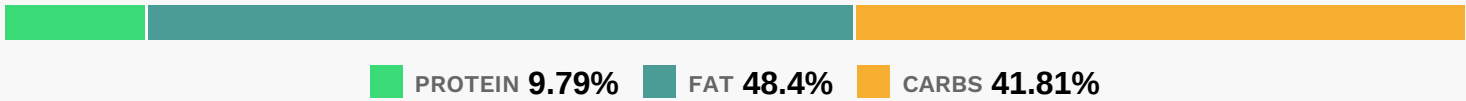
Equipment

- ☐ bowl
- ☐ blender

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Quinoa Avocado Tabbouleh
- ☐ Salad Ingredients2 cups quinoa3 medium vine-ripened tomatoes (12 oz. total), diced1 ripe avocado, peeled and diced1 Persian cucumber, peeled and grated1/4 cup toasted pine nuts1/4 cup chopped flat leaf parsley, fresh basil or mint4 cups salad greens (arugula, spinach or spring greens work well)Salt and pepper to taste
- ☐ Dressing Ingredients1/4 cup chopped fresh basil leaves2 tbsp fresh lemon juice1 tbsp mayonnaise1 tsp honey or agave nectar1/4 tsp salt1/4 cup extra virgin olive oil
- ☐ You will also needsaucepan, salad bowl, blender
- ☐ Total Time: 1 Hour
- ☐ Servings: 4 entree portions, 8 side portions
- ☐ Kosher Key: Pareve

Nutrition Facts



Properties

Glycemic Index:61.25, Glycemic Load:1.57, Inflammation Score:-9, Nutrition Score:34.673043256059%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg, Naringenin: 0.73mg Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg, Myricetin: 0.68mg Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg, Quercetin: 0.58mg

Nutrients (% of daily need)

Calories: 626.58kcal (31.33%), Fat: 34.69g (53.37%), Saturated Fat: 4.39g (27.46%), Carbohydrates: 67.44g (22.48%), Net Carbohydrates: 56.46g (20.53%), Sugar: 4.71g (5.24%), Cholesterol: 1.45mg (0.48%), Sodium: 386.84mg (16.82%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.79g (31.57%), Manganese: 2.74mg (137.12%), Vitamin K: 106.55µg (101.47%), Folate: 238.5µg (59.62%), Magnesium: 222.91mg (55.73%), Phosphorus: 508.55mg (50.86%), Fiber: 10.98g (43.92%), Vitamin E: 6.53mg (43.53%), Vitamin C: 35.86mg (43.46%), Copper: 0.8mg (40.11%), Vitamin A: 1722.97IU (34.46%), Vitamin B6: 0.68mg (33.79%), Potassium: 1114.54mg (31.84%), Iron: 5.54mg (30.78%), Vitamin B1: 0.43mg (28.55%), Zinc: 3.83mg (25.55%), Vitamin B2: 0.41mg (23.9%), Vitamin B3: 3.4mg (17%), Vitamin B5: 1.58mg (15.81%), Selenium: 7.81µg (11.16%), Calcium: 72.91mg (7.29%)