



Quinoa, Corn, and Tomato Salad with Chive-Infused Oil

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



6

CALORIES



175 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 tablespoons chive-infused oil
- 1 cup cherry tomatoes halved
- 1 cup corn kernels fresh (2 ears)
- 0.3 cup flat-leaf parsley fresh finely chopped
- 1 garlic clove minced
- 2 tablespoons juice of lime fresh
- 1 cup quinoa uncooked

- 0.3 teaspoon salt
- 1.5 cups water
- 2 tablespoons citrus champagne vinegar

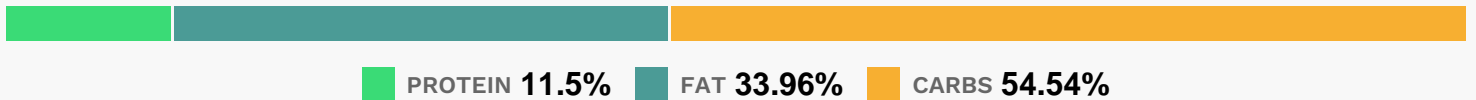
Equipment

- bowl
- sauce pan
- whisk

Directions

- Combine 1 1/2 cups water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 10 minutes or until liquid is absorbed.
- Remove from heat; let stand 10 minutes. Fluff with a fork.
- Combine quinoa, corn, tomatoes, and parsley in a medium bowl.
- Combine Chive-Infused Oil and remaining ingredients, stirring with a whisk.
- Drizzle over salad; toss well to coat.
- Let stand 10 minutes before serving.

Nutrition Facts



Properties

Glycemic Index:10.33, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:10.830000006634%

Flavonoids

Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg, Apigenin: 5.39mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg, Myricetin: 0.38mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 174.62kcal (8.73%), Fat: 6.77g (10.41%), Saturated Fat: 0.93g (5.82%), Carbohydrates: 24.45g (8.15%), Net Carbohydrates: 21.7g (7.89%), Sugar: 2.24g (2.49%), Cholesterol: 0mg (0%), Sodium: 109.7mg (4.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.16g (10.31%), Vitamin K: 44.62µg (42.49%), Manganese: 0.66mg (32.86%), Folate: 69.83µg (17.46%), Magnesium: 69.56mg (17.39%), Phosphorus: 161.26mg (16.13%), Vitamin C: 12.31mg (14.92%), Fiber: 2.75g (11.01%), Copper: 0.22mg (10.77%), Vitamin E: 1.55mg (10.33%), Vitamin B1: 0.15mg (10.19%), Iron: 1.81mg (10.04%), Vitamin B6: 0.19mg (9.52%), Potassium: 302.63mg (8.65%), Vitamin A: 383.74IU (7.67%), Zinc: 1.07mg (7.12%), Vitamin B2: 0.11mg (6.62%), Vitamin B3: 1.03mg (5.17%), Vitamin B5: 0.44mg (4.43%), Selenium: 2.76µg (3.94%), Calcium: 23.77mg (2.38%)