

# Quinoa-Cranberry Salad with Pecans

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



80 min.

SERVINGS



3

CALORIES



428 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 0.5 cup cranberries dried
- 2 tablespoons juice of lemon
- 1 tablespoon olive oil
- 0.5 cup pecans toasted chopped
- 1 cup quinoa rinsed drained
- 3 servings salt and pepper to taste
- 2 cups water

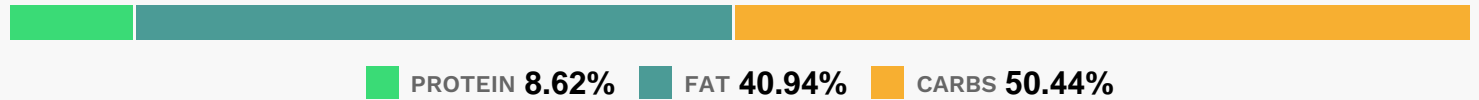
## Equipment

- sauce pan
- mixing bowl

## Directions

- Bring the quinoa and water to a boil in a saucepan over high heat. Reduce heat to medium-low, cover, and simmer until the quinoa is tender, and the water has been absorbed, about 15 to 20 minutes.
- Scrape into a mixing bowl, and cool to warm, about 20 minutes.
- Once the quinoa has cooled, stir in the pecans, cranberries, olive oil, and lemon juice; season to taste with salt and pepper to taste.
- Let stand at room temperature for 1 hour before serving.

## Nutrition Facts



## Properties

Glycemic Index:3.33, Glycemic Load:0.07, Inflammation Score:-6, Nutrition Score:17.087826018748%

## Flavonoids

Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg, Cyanidin: 1.89mg Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg, Delphinidin: 1.22mg Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg, Catechin: 1.19mg Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg, Epigallocatechin: 0.93mg Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg, Epicatechin: 0.14mg Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg, Epigallocatechin 3-gallate: 0.38mg Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg, Eriodictyol: 0.49mg Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg, Hesperetin: 1.45mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg, Quercetin: 0.95mg

## Nutrients (% of daily need)

Calories: 428.22kcal (21.41%), Fat: 20.23g (31.12%), Saturated Fat: 2.09g (13.03%), Carbohydrates: 56.07g (18.69%), Net Carbohydrates: 49.42g (17.97%), Sugar: 15.57g (17.3%), Cholesterol: 0mg (0%), Sodium: 205.71mg (8.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.58g (19.17%), Manganese: 1.95mg (97.49%), Magnesium: 134.59mg (33.65%), Phosphorus: 307.09mg (30.71%), Copper: 0.57mg (28.6%), Folate: 109.9µg (27.47%), Fiber: 6.65g (26.61%), Vitamin B1: 0.32mg (21.2%), Vitamin E: 2.72mg (18.17%), Iron: 3.12mg (17.34%), Zinc: 2.55mg (16.97%),

Vitamin B6: 0.32mg (16.14%), Vitamin B2: 0.21mg (12.28%), Potassium: 406.97mg (11.63%), Selenium: 5.58µg (7.96%), Vitamin B5: 0.64mg (6.37%), Vitamin B3: 1.17mg (5.87%), Vitamin C: 4.09mg (4.96%), Vitamin K: 4.92µg (4.69%), Calcium: 45.5mg (4.55%)