



HEALTH SCORE

55%

Quinoa Greek Salad



Vegetarian



Gluten Free



Popular

READY IN



35 min.

SERVINGS



6

CALORIES



247 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.5 teaspoon basil



0.3 cup olives black



2 cups chicken stock see



0.5 cup cucumber diced



3 ounces feta cheese reduced-fat



1 teaspoon garlic minced



0.3 cup green onion diced



0.5 cup bell pepper diced green

- ☐ 0.3 cup juice of lemon
- ☐ 2 tablespoons olive oil
- ☐ 0.5 teaspoon oregano
- ☐ 6 servings bell pepper
- ☐ 1 cup quinoa
- ☐ 0.3 cup onion diced red
- ☐ 0.5 cup bell pepper diced red

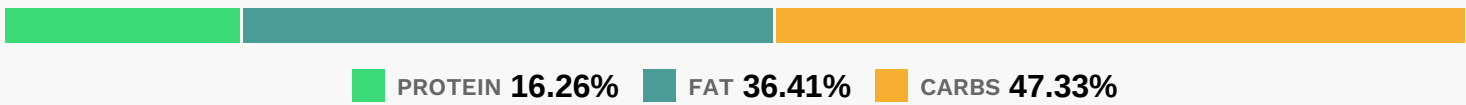
Equipment

- ☐ bowl
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ In a saucepan, bring stock to a boil.2 Stir in quinoa.3 Reduce heat to med low and cover.4 Cook 15 minutes, until liquid is absorbed.5
- ☐ Transfer to a large bowl and cool.6 Stir veggies and cheese into cooled quinoa.7
- ☐ Whisk together dressing ingredients.8
- ☐ Pour over quinoa mixture and toss.

Nutrition Facts



Properties

Glycemic Index:42.17, Glycemic Load:1.4, Inflammation Score:-10, Nutrition Score:19.269565312759%

Flavonoids

Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg, Eriodictyol: 0.5mg Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg, Hesperetin: 1.47mg Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg, Naringenin: 0.14mg Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg, Luteolin: 1.15mg Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg, Isorhamnetin: 0.33mg Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg, Kaempferol: 0.13mg

Kaempferol: 0.13mg, Kaempferol: 0.13mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg, Quercetin: 2.32mg

Nutrients (% of daily need)

Calories: 246.69kcal (12.33%), Fat: 10.33g (15.89%), Saturated Fat: 2.3g (14.36%), Carbohydrates: 30.2g (10.07%), Net Carbohydrates: 25.58g (9.3%), Sugar: 6.55g (7.28%), Cholesterol: 9.99mg (3.33%), Sodium: 335.45mg (14.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.38g (20.75%), Vitamin C: 127.12mg (154.09%), Vitamin A: 2849.36IU (56.99%), Manganese: 0.73mg (36.49%), Folate: 105.46µg (26.36%), Vitamin B6: 0.5mg (24.9%), Vitamin E: 3.09mg (20.63%), Magnesium: 75.33mg (18.83%), Fiber: 4.62g (18.47%), Phosphorus: 184.02mg (18.4%), Vitamin K: 18.75µg (17.86%), Vitamin B2: 0.25mg (14.51%), Potassium: 501.96mg (14.34%), Vitamin B3: 2.67mg (13.36%), Vitamin B1: 0.2mg (13.18%), Copper: 0.26mg (12.91%), Iron: 2.11mg (11.73%), Zinc: 1.29mg (8.59%), Selenium: 4.46µg (6.38%), Vitamin B5: 0.56mg (5.64%), Calcium: 36.29mg (3.63%)