



Quinoa, lentil & feta salad



Vegetarian



Gluten Free



Very Healthy

READY IN



30 min.

SERVINGS



4

CALORIES



634 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g quinoa
- ☐ 1 tsp olive oil
- ☐ 1 shallots finely chopped
- ☐ 2 tbsp tarragon roughly chopped
- ☐ 14 oz green lentils rinsed drained canned
- ☐ 0.3 cucumber diced peeled
- ☐ 100 g feta cheese crumbled
- ☐ 6 spring onion thinly sliced

- ☐ 1 orange zest
- ☐ 1 tbsp citrus champagne vinegar

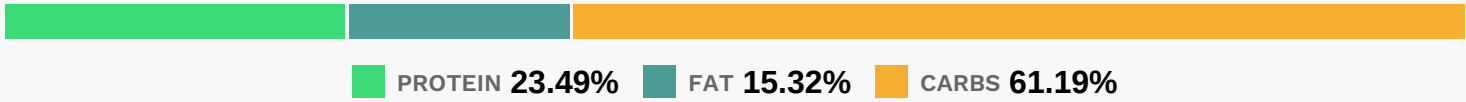
Equipment

- ☐ frying pan

Directions

- ☐ Cook the quinoa in a large pan of boiling water for 10–15 mins until tender, drain well, then set aside to cool.
- ☐ Meanwhile, heat the oil in a small pan, then cook the shallot or onion for a few mins until softened.
- ☐ Add the tarragon, stir well, then remove from the heat.
- ☐ Stir the softened shallot and tarragon into the cooled quinoa along with the lentils, cucumber, feta, spring onions, orange zest and juice and vinegar. Toss well together and chill until ready to serve.

Nutrition Facts



Properties

Glycemic Index:49.65, Glycemic Load:8.77, Inflammation Score:-9, Nutrition Score:42.656956587149%

Flavonoids

Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg, Catechin: 0.35mg Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg, Kaempferol: 0.24mg Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg, Quercetin: 1.92mg Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg, Gallocatechin: 0.14mg

Nutrients (% of daily need)

Calories: 633.66kcal (31.68%), Fat: 10.84g (16.67%), Saturated Fat: 4.04g (25.27%), Carbohydrates: 97.4g (32.47%), Net Carbohydrates: 62.35g (22.67%), Sugar: 3.18g (3.54%), Cholesterol: 22.25mg (7.42%), Sodium: 299.36mg (13.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 37.4g (74.8%), Folate: 599.03µg (149.76%), Fiber: 35.06g (140.23%), Manganese: 2.6mg (129.84%), Phosphorus: 783.03mg (78.3%), Vitamin B1: 1.11mg (74.25%), Iron: 11.13mg (61.85%), Magnesium: 240.6mg (60.15%), Vitamin B6: 0.99mg (49.53%), Zinc: 7.24mg (48.28%), Copper: 0.87mg (43.56%), Vitamin K: 44.75µg (42.62%), Potassium: 1420.94mg (40.6%), Vitamin B2: 0.63mg (37.33%), Vitamin B5: 2.84mg (28.42%), Calcium: 252.61mg (25.26%), Selenium: 16.57µg (23.68%), Vitamin B3: 3.95mg

(19.74%), Vitamin C: 14.15mg (17.15%), Vitamin E: 2.03mg (13.52%), Vitamin A: 457.81IU (9.16%), Vitamin B12: 0.42µg (7.04%)