



Quinoa, Roasted Eggplant and Apple Salad with Cumin Vinaigrette

READY IN



100 min.

SERVINGS



6

CALORIES



335 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2.5 tablespoons apple cider vinegar
- ☐ 0.3 teaspoon pepper black freshly ground
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- ☐ 2 teaspoons cumin seeds
- ☐ 0.5 cup cranberries dried
- ☐ 1.3 pound eggplant unpeeled cut into 1/2-inch cubes
- ☐ 1 large golden delicious apple cored crisp unpeeled quartered
- ☐ 0.1 teaspoon ground cinnamon

- ☐ 0.1 teaspoon ground cloves
- ☐ 0.3 teaspoon kosher salt
- ☐ 0.5 teaspoon kosher salt
- ☐ 0.3 cup olive oil extra-virgin
- ☐ 3 tablespoons olive oil extra-virgin
- ☐ 0.5 cup shallots finely chopped
- ☐ 2 cups can vegetable broth canned
- ☐ 0.8 cup walnut pieces toasted
- ☐ 1 large bunch watercress
- ☐ 1.3 cups whole-grain quinoa organic

Equipment

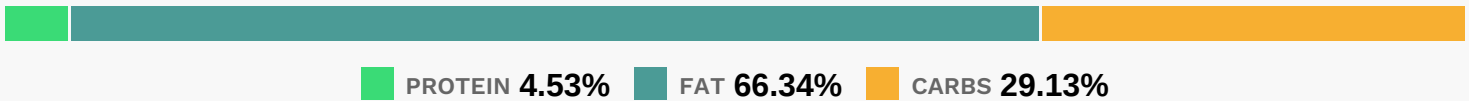
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Watch how to make this recipe.
- ☐ For the vinaigrette: Toast the seeds over medium heat in a heavy medium skillet, stirring occasionally, until the seeds darken in color and become fragrant, 3 1/2 to 4 minutes.
- ☐ Place the seeds on a plate; cool for 1 minute. Grind the seeds finely in a small food mill or grinder.
- ☐ Whisk the oil, vinegar, salt, pepper, cinnamon, cloves and the toasted seeds until thick and blended in a small bowl. Stir in the shallots. Set the vinaigrette aside.
- ☐ Place an oven rack in the center of the oven and preheat to 400 degrees F.
- ☐ Bring the broth to a simmer over medium-high heat in a heavy medium saucepan.

- ☐ Mix in the quinoa. Reduce the heat to medium-low. Cover and simmer until the water is absorbed and the quinoa is tender, about 15 minutes. Turn off the heat and let the quinoa stand, covered, 5 to 10 minutes. Cool and fluff with a fork.
- ☐ Meanwhile, spray a large rimmed baking sheet with vegetable oil spray. Toss the eggplant with 3 tablespoons oil, 1/4 teaspoon salt, and the pepper on the sheet. Roast until tender and browned, stirring once, about 30 minutes.
- ☐ Transfer the quinoa to a large bowl; fluff with a fork.
- ☐ Add the vinaigrette, eggplant, apples, walnuts and cranberries. Toss to blend.
- ☐ Cover the bottom of a shallow platter with the watercress. Spoon the salad on top and serve.

Nutrition Facts



Properties

Glycemic Index:51.67, Glycemic Load:3.92, Inflammation Score:-6, Nutrition Score:10.720434696778%

Flavonoids

Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg, Cyanidin: 0.46mg Delphinidin: 80.99mg, Delphinidin: 80.99mg, Delphinidin: 80.99mg, Delphinidin: 80.99mg Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg, Catechin: 0.21mg Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg, Epigallocatechin: 0.13mg Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg, Epicatechin: 1.97mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg, Kaempferol: 0.96mg Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg, Myricetin: 0.25mg Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg, Quercetin: 3.06mg

Nutrients (% of daily need)

Calories: 335.48kcal (16.77%), Fat: 26.06g (40.09%), Saturated Fat: 3.17g (19.78%), Carbohydrates: 25.74g (8.58%), Net Carbohydrates: 19.71g (7.17%), Sugar: 16.92g (18.8%), Cholesterol: 0mg (0%), Sodium: 613.42mg (26.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4g (8.01%), Manganese: 0.93mg (46.42%), Vitamin K: 25.84µg (24.61%), Fiber: 6.03g (24.13%), Vitamin E: 3.05mg (20.3%), Copper: 0.36mg (17.84%), Vitamin B6: 0.26mg (12.86%), Potassium: 421.91mg (12.05%), Magnesium: 46.87mg (11.72%), Folate: 43.4µg (10.85%), Phosphorus: 96.29mg (9.63%), Iron: 1.55mg (8.63%), Vitamin B1: 0.11mg (7.64%), Vitamin A: 353.56IU (7.07%), Vitamin C: 5.71mg (6.92%), Zinc: 0.75mg (5.01%), Vitamin B2: 0.08mg (4.75%), Vitamin B3: 0.95mg (4.74%), Vitamin B5: 0.47mg (4.71%), Calcium: 46.96mg (4.7%), Selenium: 1.39µg (1.99%)