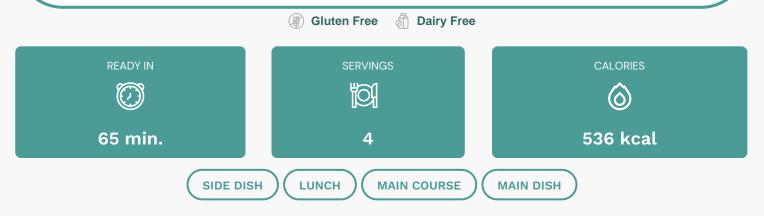


Quinoa Salad Niçoise with Lemon-Caper Vinaigrette



Ingredients

1 cup cherry tomatoes halved
1 tablespoon dijon mustard
4 large eggs
8 ounces green beans trimmed halved thin
0.5 cup kalamata olives pitted
2 tablespoons juice of lemon fresh

2 tablespoons capers drained

	6 tablespoons olive oil	
	1 cup quinoa uncooked	
	0.5 small onion red thinly sliced	
	4 servings salt and pepper	
	10 oz water-packed tuna white packed in water, drained flaked canned	
Equipment		
	bowl	
	whisk	
	pot	
Directions		
	Rinse quinoa thoroughly in cold water and drain well.	
	Place quinoa in a large pot with 2 cups water. Bring to a boil over high heat. Reduce heat to medium, cover and simmer until most of the liquid has absorbed and quinoa is tender, about 15 minutes.	
	Remove from heat and let stand for about 5 minutes. Fluff with a fork, transfer to a large bowl and refrigerate until cool, stirring occasionally.	
	Place eggs in a pot, cover with cold water and bring to a boil over high heat. When boiling, remove from heat, cover and let stand for 10 minutes. Run eggs under cold water to cool; pee and quarter lengthwise.	
	Bring a large pot of salted water to a boil over high heat.	
	Add green beans and blanch until tender, about 2 minutes.	
	Drain, run beans under cold water and drain again. Cover and refrigerate.	
	Whisk together lemon juice and mustard in a small bowl. Slowly drizzle in oil, whisking constantly. Stir in capers. Season with pepper.	
	Spread out quinoa on a serving platter. Top with tuna, green beans, tomatoes, olives, onion and eggs, forming rows of each.	
	Drizzle with dressing, season with salt and pepper and serve.	

Nutrition Facts

Properties

Glycemic Index:26.25, Glycemic Load:1.41, Inflammation Score:-8, Nutrition Score:30.073912827865%

Flavonoids

Eriodictyol: O.37mg, Eriodictyol: O.37mg, Eriodictyol: O.37mg, Eriodictyol: O.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Naringenin: O.1mg, Naringenin: O.1mg, Naringenin: O.1mg, Naringenin: O.1mg, Naringenin: O.02mg, Apigenin: O.02mg, Apigenin: O.02mg, Apigenin: O.02mg, Apigenin: O.02mg, Apigenin: O.02mg, Luteolin: O.2mg, Luteolin: O.2mg, Luteolin: O.2mg, Luteolin: O.2mg, Luteolin: O.2mg, Isorhamnetin: O.69mg, Isorhamnetin: O.69mg, Isorhamnetin: O.69mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Myricetin: O.08mg, Myricetin: O.08mg, Myricetin: O.08mg, Myricetin: O.08mg, Myricetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg, Quercetin: 11.53mg

Nutrients (% of daily need)

Calories: 536.43kcal (26.82%), Fat: 31.94g (49.14%), Saturated Fat: 5.33g (33.29%), Carbohydrates: 35.97g (11.99%), Net Carbohydrates: 30.11g (10.95%), Sugar: 3.89g (4.33%), Cholesterol: 211.51mg (70.5%), Sodium: 845.93mg (36.78%), Alcohol: Og (100%), Alcohol %: O% (100%), Protein: 27.76g (55.53%), Selenium: 69.09µg (98.7%), Manganese: 1.09mg (54.55%), Phosphorus: 432.01mg (43.2%), Vitamin B3: 8.44mg (42.19%), Vitamin E: 5.97mg (39.77%), Vitamin K: 39.69µg (37.8%), Vitamin B12: 2.27µg (37.77%), Folate: 133.89µg (33.47%), Vitamin B6: 0.66mg (32.84%), Magnesium: 130.36mg (32.59%), Vitamin B2: 0.5mg (29.59%), Iron: 5.2mg (28.9%), Vitamin C: 19.52mg (23.66%), Fiber: 5.87g (23.48%), Copper: 0.43mg (21.63%), Potassium: 676.22mg (19.32%), Vitamin A: 964.95IU (19.3%), Vitamin B1: 0.27mg (18.24%), Zinc: 2.69mg (17.93%), Vitamin B5: 1.42mg (14.18%), Vitamin D: 1.85µg (12.34%), Calcium: 102.49mg (10.25%)