



Quinoa Salad Niçoise with Lemon-Caper Vinaigrette



Gluten Free



Dairy Free

READY IN



65 min.

SERVINGS



4

CALORIES



536 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 tablespoons capers drained
- ☐ 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

- ☐ 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; peel 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: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg, Luteolin: 0.2mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg, Kaempferol: 5.6mg Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg, Myricetin: 0.08mg 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 %: 0% (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%)