



Quinoa Salad with Asparagus, Dates, and Orange

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



158 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.5 pound asparagus chilled steamed (2-inch)
- 0.3 teaspoon pepper black freshly ground
- 5 dates pitted chopped
- 1 tablespoon olive oil extravirgin
- 2 tablespoons mint leaves fresh chopped
- 1 garlic clove minced
- 0.5 jalapeno diced

- 0.3 teaspoon kosher salt
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- 2 tablespoons juice of lemon fresh
- 1 teaspoon olive oil
- 1 cup orange sections fresh (1 large orange)
- 0.3 cup pecans toasted chopped
- 1 cup quinoa uncooked
- 2 tablespoons onion red minced
- 2 cups water
- 0.5 cup onion white finely chopped

Equipment

- bowl
- frying pan
- whisk

Directions

- To prepare salad, heat 1 teaspoon oil in a large nonstick skillet over medium-high heat.
- Add white onion to pan; saut 2 minutes.
- Add quinoa to pan; saut 5 minutes.
- Add 2 cups water and 1/2 teaspoon salt to pan; bring to a boil. Cover, reduce heat, and simmer 15 minutes.
- Remove from heat; let stand 15 minutes or until water is absorbed.
- Transfer quinoa mixture to a large bowl.
- Add orange and next 5 ingredients (through jalapeo); toss gently to combine.
- To prepare dressing, combine juice and next 4 ingredients (through garlic) in a small bowl, stirring with a whisk.
- Pour dressing over salad; toss gently to coat.
- Sprinkle with chopped mint.

Garnish with mint sprigs, if desired.

Serve at room temperature.

Nutrition Facts

PROTEIN 10.9% **FAT 33.36%** **CARBS 55.74%**

Properties

Glycemic Index:35.56, Glycemic Load:2.91, Inflammation Score:-6, Nutrition Score:9.8456521137901%

Flavonoids

Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg, Cyanidin: 0.44mg Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg, Delphinidin: 0.25mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg, Epigallocatechin: 0.19mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg, Eriodictyol: 0.57mg Hesperetin: 6.8mg, Hesperetin: 6.8mg, Hesperetin: 6.8mg, Hesperetin: 6.8mg Naringenin: 3.5mg, Naringenin: 3.5mg, Naringenin: 3.5mg, Naringenin: 3.5mg Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg, Apigenin: 0.07mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg, Isorhamnetin: 2.24mg Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg, Kaempferol: 0.51mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg, Quercetin: 6.71mg

Nutrients (% of daily need)

Calories: 157.88kcal (7.89%), Fat: 6.11g (9.4%), Saturated Fat: 0.7g (4.37%), Carbohydrates: 22.98g (7.66%), Net Carbohydrates: 19.31g (7.02%), Sugar: 6.21g (6.9%), Cholesterol: 0mg (0%), Sodium: 223.76mg (9.73%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.49g (8.98%), Manganese: 0.69mg (34.71%), Vitamin C: 17.54mg (21.26%), Folate: 66.98µg (16.75%), Fiber: 3.67g (14.69%), Magnesium: 57.49mg (14.37%), Phosphorus: 132.89mg (13.29%), Vitamin K: 13.71µg (13.05%), Copper: 0.26mg (13.03%), Vitamin B1: 0.17mg (11.35%), Iron: 1.85mg (10.29%), Vitamin B6: 0.18mg (9.2%), Vitamin E: 1.29mg (8.62%), Potassium: 294.09mg (8.4%), Vitamin B2: 0.13mg (7.78%), Zinc: 1.04mg (6.96%), Vitamin A: 333.65IU (6.67%), Selenium: 2.96µg (4.23%), Vitamin B3: 0.81mg (4.06%), Calcium: 39.01mg (3.9%), Vitamin B5: 0.38mg (3.84%)