



 **49%**  
HEALTH SCORE

## Quinoa Salad with Barberries & Nuts

 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



459 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

### Ingredients

- 300 g quinoa
- 1.5 liters water boiling
- 1 tsp salt
- 2 tbsp olive oil extra-virgin (not , it will overpower other flavours)
- 50 g barberries
- 4 tbsp slivered almonds
- 2 tbsp pistachios
- 30 g cilantro leaves chopped

- 3 sprigs mint leaves chopped

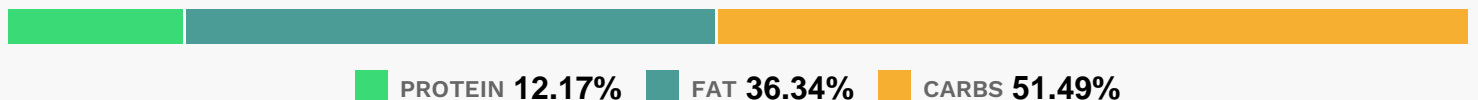
## Equipment

- sauce pan
- pot
- sieve

## Directions

- Put the quinoa in a sieve and rinse under running water.
- Drain.
- Pour the boiling water over quinoa in a medium saucepan.
- Add salt, stir well and cook over medium-low heat until quinoa is cooked through but still has a bite in the center.
- Drain in a sieve. Pick over the barberries, rinse in a sieve and dry on kitchen paper. While the quinoa is cooking, heat 1 tablespoon of oil in a saucepan over medium heat and lightly toast the almond slivers.
- Add the slivered pistachios, then the rest of the oil and the rinsed barberries. Cook briefly until the barberries are shiny and a little puffed. Save a tablespoon of the barberry and nut mix and a tablespoon of the chopped herbs for garnishing the finished dish.
- Mix all of the remaining nut and barberry mix, herbs and quinoa. Return to the pot and place on low heat. Cover with a lid and cook for ten minutes or until completely heated through and steam is rising. Turn into a serving dish and fluff with a fork.
- Add a little extra olive oil and a twist of black pepper if you wish.
- Sprinkle the quinoa with the rest of the berry-nut mix and chopped herbs and serve on its own as a main dish or as a side dish.

## Nutrition Facts



## Properties

Glycemic Index:15, Glycemic Load:0.23, Inflammation Score:-8, Nutrition Score:22.454782608696%

## Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg, Catechin: 0.26mg Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg, Epigallocatechin: 0.34mg Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg, Epicatechin: 0.09mg Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg, Epigallocatechin 3-gallate: 0.02mg Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg, Eriodictyol: 0.26mg Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg, Hesperetin: 0.08mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg, Apigenin: 0.05mg Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg, Luteolin: 0.1mg Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg, Isorhamnetin: 0.26mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg, Quercetin: 4.06mg

## Nutrients (% of daily need)

Calories: 458.61kcal (22.93%), Fat: 18.73g (28.81%), Saturated Fat: 2.09g (13.04%), Carbohydrates: 59.7g (19.9%), Net Carbohydrates: 52.54g (19.11%), Sugar: 0.79g (0.88%), Cholesterol: 0mg (0%), Sodium: 607.83mg (26.43%), Protein: 14.11g (28.22%), Manganese: 1.84mg (92.03%), Magnesium: 185.6mg (46.4%), Phosphorus: 413.37mg (41.34%), Vitamin E: 5.67mg (37.81%), Folate: 149.82µg (37.45%), Copper: 0.67mg (33.7%), Fiber: 7.16g (28.63%), Vitamin K: 27.46µg (26.16%), Iron: 4.16mg (23.11%), Vitamin B6: 0.45mg (22.74%), Vitamin B1: 0.33mg (21.92%), Vitamin B2: 0.37mg (21.92%), Zinc: 2.8mg (18.7%), Potassium: 577.52mg (16.5%), Vitamin A: 564.12IU (11.28%), Selenium: 7.12µg (10.17%), Calcium: 84.62mg (8.46%), Vitamin B3: 1.65mg (8.23%), Vitamin B5: 0.69mg (6.91%), Vitamin C: 2.47mg (3%)