



Quinoa Salad with Fresh Hearts of Palm (Ensalada de Quinoa con Chonta)



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



40 min.

SERVINGS



8

CALORIES



197 kcal

SIDE DISH

Ingredients

- ☐ 0.5 cup flat parsley packed
- ☐ 0.5 pound hearts of palm fresh (see cooks' note, below)
- ☐ 0.3 cup olive oil
- ☐ 1 cup quinoa
- ☐ 0.5 cup onion red finely chopped
- ☐ 0.3 cup red-wine vinegar

Equipment

- ☐ bowl
- ☐ whisk
- ☐ pot
- ☐ sieve
- ☐ kitchen towels

Directions

- ☐ Wash quinoa in 3 changes of cold water in a bowl, draining in a fine-mesh sieve. Cook quinoa in a medium pot of well-salted boiling water, uncovered, until almost tender, about 10 minutes.
- ☐ Drain in sieve, then set sieve over same pot above 1 inch of simmering water (water should not touch bottom of sieve). Cover quinoa with a folded kitchen towel (not terry cloth), then cover with a lid (don't worry if lid doesn't fit tightly) and steam until tender, fluffy, and dry, about 15 minutes.
- ☐ Let stand off heat, without lid but still covered with towel, 5 minutes.
- ☐ Meanwhile, soak onion in a bowl of cold water 5 minutes, then drain well and pat very dry.
- ☐ Trim ends of hearts of palm, then cut crosswise into very thin slices with slicer.
- ☐ Whisk together vinegar, oil, 1/2 teaspoon salt, and 1/4 teaspoon pepper in a large bowl. Toss quinoa, onion, hearts of palm, and parsley with dressing.
- ☐ Concha y Torro Terrunyo
- ☐ Casablanca Valley Sauvignon Blanc '07
- ☐ •You can substitute 1 (1/2-pounds) chayote for the fresh hearts of palm. Pit the chayote and cut into matchsticks (2 cups). •Quinoa can be cooked 1 day ahead and chilled. Bring to room temperature before proceeding. •Quinoa salad can be assembled 1 hour ahead.
- ☐ Calories 101, Total fat2g, Saturated Fat 0g, Cholesterol 0mg, Sodium 877mg, Carbohydrate 17g, Fiber2g, Protein 4g
- ☐ Nutrition Data
- ☐ See Nutrition Data's complete analysis of this recipe ›

Nutrition Facts



 **PROTEIN 8.07%**  **FAT 47.26%**  **CARBS 44.67%**

Properties

Glycemic Index:7.38, Glycemic Load:0.24, Inflammation Score:-5, Nutrition Score:11.44260867264%

Flavonoids

Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg, Apigenin: 8.09mg Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg, Luteolin: 0.05mg Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg, Isorhamnetin: 0.5mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg, Quercetin: 2.04mg

Nutrients (% of daily need)

Calories: 197.13kcal (9.86%), Fat: 10.39g (15.98%), Saturated Fat: 1.41g (8.84%), Carbohydrates: 22.09g (7.36%), Net Carbohydrates: 19.88g (7.23%), Sugar: 5.32g (5.91%), Cholesterol: 0mg (0%), Sodium: 8.31mg (0.36%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.99g (7.98%), Vitamin K: 66.96µg (63.77%), Manganese: 0.45mg (22.72%), Potassium: 670.01mg (19.14%), Vitamin B6: 0.35mg (17.42%), Copper: 0.32mg (15.91%), Phosphorus: 142.47mg (14.25%), Folate: 53.5µg (13.38%), Vitamin E: 1.99mg (13.24%), Magnesium: 47.87mg (11.97%), Zinc: 1.78mg (11.84%), Iron: 1.79mg (9.93%), Vitamin C: 8.03mg (9.74%), Fiber: 2.21g (8.83%), Vitamin B2: 0.13mg (7.35%), Vitamin A: 338.35IU (6.77%), Vitamin B1: 0.1mg (6.57%), Vitamin B3: 0.64mg (3.19%), Selenium: 2.06µg (2.94%), Calcium: 23.1mg (2.31%), Vitamin B5: 0.19mg (1.91%)