



HEALTH SCORE

76%

Quinoa Salad with Mint, Almonds and Cranberries



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



40 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.5 cup carrots sliced
- ☐ 0.5 cup celery sliced
- ☐ 2 cups chicken broth
- ☐ 0.5 cup cranberries dried
- ☐ 0.5 cup dry-roasted almonds unsalted
- ☐ 18 grape tomatoes halved
- ☐ 4 servings salt and ground pepper black to taste

- ☐ 1 juice of lemon juiced
- ☐ 1 cup kale coarsely chopped
- ☐ 0.5 teaspoon lemon zest
- ☐ 0.5 cup mint leaves coarsely chopped
- ☐ 3 tablespoons olive oil
- ☐ 1 cup quinoa
- ☐ 1 scallion thinly sliced

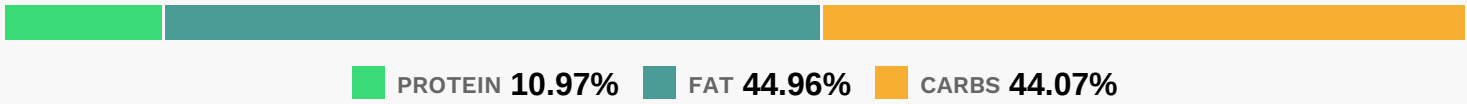
Equipment

- ☐ sauce pan

Directions

- ☐ Bring the chicken broth to a boil in a saucepan over high heat.
- ☐ Add quinoa, reduce heat to medium-low, cover, and simmer until the quinoa is tender and the liquid has been absorbed, about 13 minutes. Stir in olive oil; fluff quinoa with a fork. Set aside to cool slightly.
- ☐ Stir mint, almonds, dried cranberries, kale, carrots, celery, scallion, grape tomatoes, lemon juice, and lemon zest. Season to taste with salt and ground black pepper.

Nutrition Facts



Properties

Glycemic Index:53.21, Glycemic Load:1.41, Inflammation Score:-10, Nutrition Score:24.858261092849%

Flavonoids

Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg, Cyanidin: 0.09mg Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg, Delphinidin: 0.02mg Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg, Eriodictyol: 2.11mg Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg, Hesperetin: 1.66mg Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg, Naringenin: 0.62mg Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg, Apigenin: 0.67mg Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg, Luteolin: 0.88mg Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg, Isorhamnetin: 1.24mg Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg, Kaempferol: 2.63mg Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg, Myricetin: 0.47mg

0.47mg, Myricetin: 0.47mg Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg, Quercetin: 2.74mg

Nutrients (% of daily need)

Calories: 443.85kcal (22.19%), Fat: 23.18g (35.66%), Saturated Fat: 3.29g (20.54%), Carbohydrates: 51.12g (17.04%), Net Carbohydrates: 43.38g (15.77%), Sugar: 15.68g (17.42%), Cholesterol: 2.35mg (0.78%), Sodium: 545.97mg (23.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 12.72g (25.44%), Vitamin A: 4169.65IU (83.39%), Manganese: 1.59mg (79.55%), Vitamin K: 46.18µg (43.98%), Magnesium: 138.1mg (34.52%), Folate: 128.58µg (32.15%), Fiber: 7.74g (30.95%), Phosphorus: 304.08mg (30.41%), Vitamin E: 4.46mg (29.7%), Vitamin C: 22.33mg (27.06%), Vitamin B3: 4.52mg (22.61%), Copper: 0.44mg (22.07%), Vitamin B6: 0.41mg (20.69%), Potassium: 720.17mg (20.58%), Vitamin B2: 0.31mg (18.46%), Vitamin B1: 0.26mg (17.59%), Iron: 3.15mg (17.5%), Zinc: 2.22mg (14.8%), Selenium: 6.06µg (8.66%), Calcium: 85.39mg (8.54%), Vitamin B5: 0.81mg (8.14%)