



Quinoa Salad with Sweet Potatoes and Apples



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



90 min.

SERVINGS



30

CALORIES



68 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup apple cider vinegar
- ☐ 8 cups the salad such as arugula or kale packed (; 6 ounces)
- ☐ 0.5 cup flat parsley chopped
- ☐ 2 large apples i use 2 granny smith apples cut into 1/2-inch dice (large)
- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 30 servings pepper freshly ground
- ☐ 1.5 cups quinoa
- ☐ 0.5 onion red thinly sliced (medium)

- ☐ 30 servings salt
- ☐ 1.5 pounds sweet potatoes and into peeled cut into 3/4-inch dice

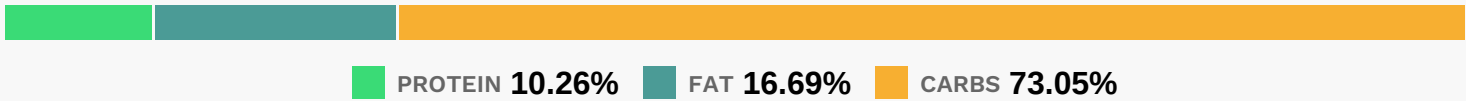
Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk

Directions

- ☐ Preheat the oven to 40
- ☐ In a large saucepan, heat 1 tablespoon of the olive oil.
- ☐ Add the quinoa and toast over moderate heat, stirring, for 2 minutes.
- ☐ Add 3 cups of water, season with salt and bring to a boil. Cover and simmer the quinoa for 16 minutes.
- ☐ Remove from the heat and let stand for 10 minutes. Fluff the quinoa, spread it out on a baking sheet and refrigerate until it is chilled, about 20 minutes.
- ☐ Meanwhile, on a baking sheet, toss the sweet potatoes with 1 tablespoon of the olive oil and season with salt and pepper. Roast for about 25 minutes, stirring once, until golden and softened.
- ☐ Let cool.
- ☐ In a large bowl, whisk the remaining 6 tablespoons of olive oil with the vinegar; season with salt and pepper.
- ☐ Add the quinoa, sweet potatoes, apples, parsley, onion and greens and toss well.
- ☐ Serve right away.

Nutrition Facts



Properties

Glycemic Index:7.37, Glycemic Load:2.86, Inflammation Score:-9, Nutrition Score:7.3386958163718%

Flavonoids

Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg, Cyanidin: 0.23mg Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg, Catechin: 0.19mg Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg, Epigallocatechin: 0.04mg Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg, Epicatechin: 1.12mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg, Luteolin: 0.04mg Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg, Isorhamnetin: 0.09mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg, Quercetin: 0.97mg

Nutrients (% of daily need)

Calories: 68.35kcal (3.42%), Fat: 1.29g (1.99%), Saturated Fat: 0.17g (1.08%), Carbohydrates: 12.73g (4.24%), Net Carbohydrates: 11.01g (4%), Sugar: 2.59g (2.88%), Cholesterol: 0mg (0%), Sodium: 210.38mg (9.15%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.79g (3.58%), Vitamin A: 3432.77IU (68.66%), Vitamin K: 17.74µg (16.9%), Manganese: 0.27mg (13.72%), Fiber: 1.72g (6.89%), Magnesium: 25.29mg (6.32%), Vitamin C: 5.17mg (6.26%), Folate: 24.41µg (6.1%), Phosphorus: 56.73mg (5.67%), Vitamin B6: 0.11mg (5.34%), Copper: 0.1mg (4.88%), Potassium: 169.59mg (4.85%), Iron: 0.7mg (3.87%), Vitamin B1: 0.06mg (3.72%), Vitamin B2: 0.05mg (3.04%), Vitamin B5: 0.28mg (2.77%), Vitamin E: 0.41mg (2.7%), Zinc: 0.38mg (2.51%), Vitamin B3: 0.34mg (1.72%), Calcium: 15.59mg (1.56%), Selenium: 0.92µg (1.31%)