



Quinoa Salad with Toasted Pistachios and Dried Pineapple

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



4

CALORIES



457 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 2 cups rotisserie chicken breast chopped
- 0.3 teaspoon pepper red crushed
- 0.3 cup pineapple dried chopped
- 0.3 cup green onions chopped
- 0.5 teaspoon ground cumin
- 1.5 teaspoons bottled ground ginger fresh (such as Spice World)
- 1 ounce pistachios shelled chopped

- 0.8 cup quinoa uncooked
- 0.5 teaspoon salt
- 1 tablespoon sesame oil toasted
- 1.5 cups water

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Boil water in a small saucepan.
- Add quinoa. Cover, reduce heat, and simmer 12 minutes.
- Heat a small skillet over medium-high heat.
- Add chopped pistachios, and cook 2 minutes or until lightly toasted, stirring frequently.
- Transfer pistachios to a large bowl; add cooked quinoa and remaining ingredients to bowl. Toss gently to coat.

Nutrition Facts



PROTEIN 33.76% **FAT 35.85%** **CARBS 30.39%**

Properties

Glycemic Index:13.75, Glycemic Load:0.35, Inflammation Score:-4, Nutrition Score:10.749999989634%

Flavonoids

Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg, Cyanidin: 0.52mg Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg, Catechin: 0.25mg Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg, Epigallocatechin: 0.15mg Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg, Epicatechin: 0.06mg Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg, Epigallocatechin 3-gallate: 0.03mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg, Quercetin: 0.99mg

Nutrients (% of daily need)

Calories: 456.6kcal (22.83%), Fat: 18.44g (28.37%), Saturated Fat: 3.71g (23.2%), Carbohydrates: 35.17g (11.72%), Net Carbohydrates: 31.5g (11.45%), Sugar: 10.96g (12.17%), Cholesterol: 113.56mg (37.85%), Sodium: 711.27mg (30.92%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 39.07g (78.14%), Manganese: 1.01mg (50.37%), Magnesium: 76.64mg (19.16%), Phosphorus: 186.36mg (18.64%), Vitamin K: 17.88µg (17.03%), Folate: 67.76µg (16.94%), Copper: 0.31mg (15.43%), Fiber: 3.67g (14.69%), Vitamin B6: 0.29mg (14.46%), Iron: 2.42mg (13.46%), Vitamin B1: 0.18mg (12.21%), Potassium: 291.97mg (8.34%), Zinc: 1.23mg (8.21%), Vitamin E: 1.09mg (7.28%), Vitamin B2: 0.12mg (7.21%), Selenium: 3.71µg (5.3%), Vitamin C: 3.9mg (4.72%), Calcium: 41.21mg (4.12%), Vitamin B3: 0.72mg (3.59%), Vitamin A: 157.42IU (3.15%), Vitamin B5: 0.29mg (2.94%)