



Quinoa Salad with Winter Veggies and Buffalo Chicken Sausage

 Gluten Free  Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



272 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 0.3 teaspoon pepper black freshly ground
- 2 cups butternut squash cut into 1/2-inch cubes
- 1 cup carrots shredded
- 6 links dietz & watson buffalo chicken sausage cut into chunks
- 0.3 cup flat-leaf parsley fresh chopped
- 0.5 teaspoon ground cumin
- 2 tablespoons juice of lemon fresh

- 1.3 cups chicken broth low-sodium
- 3 tablespoons olive oil
- 1 medium onion diced
- 0.8 cup quinoa uncooked
- 1 medium bell pepper diced red
- 0.3 teaspoon salt

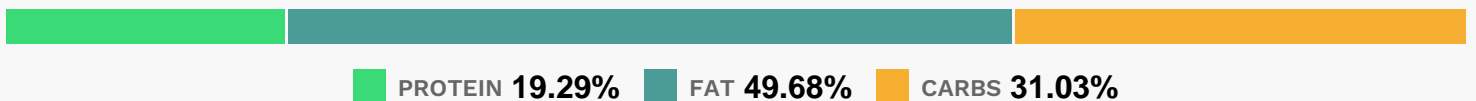
Equipment

- bowl
- frying pan
- sauce pan
- whisk

Directions

- Put the quinoa and chicken broth in a medium saucepan and bring to a boil. Reduce heat to low, cover and simmer until the liquid is absorbed, 12 to 15 minutes. Fluff with a fork.
- While quinoa cooks, heat 1 tablespoon of the oil in a large skillet over medium-high heat.
- Add the sausage and cook, stirring occasionally, until browned, about 5 minutes.
- Transfer sausage to a plate.
- Add another tablespoon oil to pan, then add the onion and cook until softened, about 3 minutes.
- Add the squash and carrots and cook about 5 minutes, until the vegetables are tender-firm.
- In a large bowl, whisk together the lemon juice, remaining oil, cumin, salt and black pepper.
- Add quinoa, sausage, squash-carrot and onion mixture and mix. Chill in the refrigerator at least 30 minutes or up to two days. When ready to serve, stir in the parsley.

Nutrition Facts



Properties

Glycemic Index:21.85, Glycemic Load:1.01, Inflammation Score:-10, Nutrition Score:14.734782659489%

Flavonoids

Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg, Apigenin: 4.05mg Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg, Isorhamnetin: 0.69mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg, Quercetin: 2.88mg

Nutrients (% of daily need)

Calories: 272.26kcal (13.61%), Fat: 15.61g (24.02%), Saturated Fat: 2.81g (17.57%), Carbohydrates: 21.94g (7.31%), Net Carbohydrates: 19.03g (6.92%), Sugar: 3.66g (4.07%), Cholesterol: 45.01mg (15%), Sodium: 751.69mg (32.68%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.64g (27.27%), Vitamin A: 7246.84IU (144.94%), Vitamin C: 33.2mg (40.24%), Vitamin K: 37.3µg (35.52%), Manganese: 0.47mg (23.39%), Folate: 54.89µg (13.72%), Vitamin E: 2.02mg (13.45%), Magnesium: 50.47mg (12.62%), Fiber: 2.91g (11.65%), Phosphorus: 111.01mg (11.1%), Vitamin B6: 0.22mg (11.06%), Iron: 1.97mg (10.95%), Potassium: 364.68mg (10.42%), Vitamin B1: 0.12mg (8.04%), Copper: 0.16mg (7.92%), Vitamin B3: 1.52mg (7.6%), Vitamin B2: 0.1mg (5.72%), Zinc: 0.71mg (4.74%), Calcium: 39.6mg (3.96%), Vitamin B5: 0.38mg (3.84%), Selenium: 1.64µg (2.35%)