



Quinoa, Shrimp and Chimichurri Salad



Gluten Free



Dairy Free



Popular



Low Fod Map

READY IN



45 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 cups grape tomatoes
- ☐ 0.5 cup chimichurri sauce
- ☐ 1 tablespoon olive oil
- ☐ 2 cups quinoa
- ☐ 6 servings salt
- ☐ 6 servings salt and pepper
- ☐ 1 pound shrimp cooked
- ☐ 4 cups water

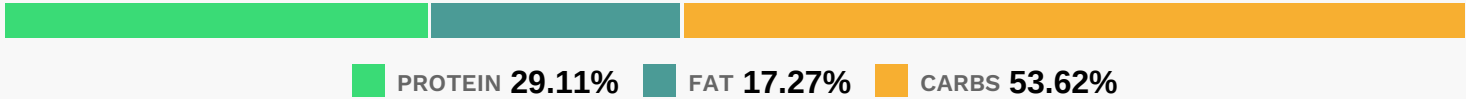
Equipment

- ☐ bowl
- ☐ pot
- ☐ sieve

Directions

- ☐ Wash the quinoa in a fine strainer.
- ☐ Place the water, salt and quinoa in a medium pot and bring to a boil. Reduce heat to low and simmer until water is absorbed, about 20 minutes.In a medium bowl mix all the salad ingredients and set aside. Toss the cooked quinoa with the rest of the ingredients and serve.

Nutrition Facts



Properties

Glycemic Index:6.33, Glycemic Load:0.51, Inflammation Score:-7, Nutrition Score:16.486521866011%

Flavonoids

Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg, Naringenin: 0.34mg Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg, Kaempferol: 0.04mg Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg, Myricetin: 0.06mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 326.41kcal (16.32%), Fat: 6.28g (9.66%), Saturated Fat: 0.81g (5.08%), Carbohydrates: 43.87g (14.62%), Net Carbohydrates: 39.31g (14.29%), Sugar: 5.86g (6.51%), Cholesterol: 121.71mg (40.57%), Sodium: 727.38mg (31.63%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 23.81g (47.62%), Manganese: 1.23mg (61.73%), Phosphorus: 432.67mg (43.27%), Magnesium: 145.14mg (36.29%), Copper: 0.68mg (34.24%), Folate: 111.72µg (27.93%), Zinc: 2.87mg (19.14%), Fiber: 4.56g (18.25%), Potassium: 636.43mg (18.18%), Iron: 3.13mg (17.41%), Vitamin B6: 0.32mg (15.78%), Vitamin B1: 0.22mg (14.83%), Vitamin E: 1.99mg (13.25%), Vitamin B2: 0.19mg (11.16%), Calcium: 84.98mg (8.5%), Vitamin A: 421.66IU (8.43%), Vitamin C: 6.8mg (8.25%), Selenium: 4.82µg (6.88%), Vitamin B3: 1.16mg (5.78%), Vitamin K: 5.33µg (5.07%), Vitamin B5: 0.48mg (4.82%)