



Quinoa, squash & broccoli salad



Vegetarian



Gluten Free



Very Healthy

READY IN



20 min.

SERVINGS



2

CALORIES



706 kcal

SIDE DISH

Ingredients

- ☐ 2 tsp rapeseed oil
- ☐ 1 onion red halved sliced
- ☐ 2 garlic cloves sliced
- ☐ 175 g butternut squash chunks frozen
- ☐ 140 g broccoli sliced cut into small florets
- ☐ 1 tbsp thyme leaf fresh
- ☐ 250 g pack ready-to-eat & quinoa white red
- ☐ 2 tbsp parsley chopped

- ☐ 25 g cranberries dried
- ☐ 1 tbsp balsamic vinegar
- ☐ 50 g feta cheese crumbled

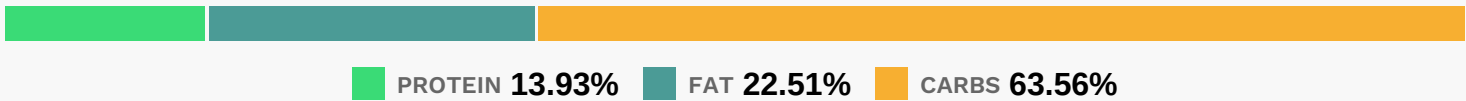
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok
- ☐ slotted spoon

Directions

- ☐ Heat the oil in a wok with a lid, add the onion and garlic, and fry for 5 mins until softened, then lift from the wok with a slotted spoon.
- ☐ Add the squash, stir round the wok until it starts to colour, then add the broccoli.
- ☐ Sprinkle in 3 tbsp water and the thyme, cover the pan and steam for about 5 mins until the veg is tender.
- ☐ Meanwhile, tip quinoa into a bowl and fluff it up.
- ☐ Add the parsley, cranberries, seeds (if using), cooked onion and garlic, and balsamic vinegar, and mix well. Toss through the vegetables with the feta. Will keep in the fridge for 2 days.

Nutrition Facts



Properties

Glycemic Index:121.5, Glycemic Load:3.46, Inflammation Score:-10, Nutrition Score:49.753478296425%

Flavonoids

Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg, Cyanidin: 0.08mg Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg, Delphinidin: 0.01mg Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg, Apigenin: 8.28mg Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg, Luteolin: 2.2mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 5.91mg, Kaempferol: 5.91mg, Kaempferol: 5.91mg, Kaempferol: 5.91mg Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg, Myricetin: 0.97mg Quercetin:

14.07mg, Quercetin: 14.07mg, Quercetin: 14.07mg, Quercetin: 14.07mg

Nutrients (% of daily need)

Calories: 706.12kcal (35.31%), Fat: 18.1g (27.85%), Saturated Fat: 4.7g (29.34%), Carbohydrates: 114.99g (38.33%), Net Carbohydrates: 100.39g (36.51%), Sugar: 15.78g (17.53%), Cholesterol: 22.25mg (7.42%), Sodium: 325.47mg (14.15%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 25.21g (50.43%), Vitamin A: 10348.12IU (206.96%), Manganese: 3.1mg (155.15%), Vitamin K: 139.56µg (132.92%), Vitamin C: 96.5mg (116.97%), Folate: 323.62µg (80.9%), Magnesium: 310.66mg (77.66%), Phosphorus: 759.55mg (75.95%), Fiber: 14.6g (58.38%), Vitamin B6: 1.1mg (54.78%), Copper: 0.91mg (45.41%), Iron: 8.12mg (45.1%), Vitamin B1: 0.66mg (44.24%), Vitamin B2: 0.75mg (44.1%), Vitamin E: 5.99mg (39.95%), Potassium: 1398.23mg (39.95%), Zinc: 5.26mg (35.1%), Calcium: 297.68mg (29.77%), Selenium: 17.34µg (24.77%), Vitamin B5: 2.1mg (21%), Vitamin B3: 3.91mg (19.56%), Vitamin B12: 0.42µg (7.04%)