



## Quinoa Summer Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Low Fod Map

READY IN



270 min.

SERVINGS



8

CALORIES



151 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 2 tablespoons cilantro leaves fresh chopped
- 2 juice of lime juiced
- 0.3 cup olive oil
- 12 grinds pepper from a grinder black
- 1 cup quinoa white
- 1 bell pepper red chopped
- 1 teaspoon sea salt
- 4 cups water

1 bell pepper yellow chopped

## Equipment

bowl

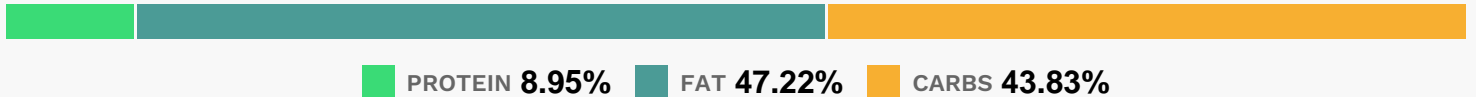
whisk

pot

## Directions

- Bring water to a boil in a pot; add white quinoa and red quinoa. Reduce heat, cover, and simmer until water is absorbed, 15 minutes. Set quinoa aside to cool while you complete the remaining steps.
- Combine red onions, red bell pepper, yellow bell pepper, sea salt, and black pepper together in a bowl. Stir in white and red quinoa.
- Whisk olive oil and lime juice together in a separate bowl; pour over quinoa mixture. Stir to coat.
- Add cilantro and stir to incorporate. Cover salad and refrigerate for flavors to blend, at least 4 hours.

## Nutrition Facts



## Properties

Glycemic Index:12, Glycemic Load:0.37, Inflammation Score:-6, Nutrition Score:9.8017391640207%

## Flavonoids

Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg, Eriodictyol: 0.16mg Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg, Hesperetin: 0.67mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg, Luteolin: 0.25mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg, Quercetin: 0.28mg

## Nutrients (% of daily need)

Calories: 151.42kcal (7.57%), Fat: 8.17g (12.57%), Saturated Fat: 1.12g (6.98%), Carbohydrates: 17.07g (5.69%), Net Carbohydrates: 14.72g (5.35%), Sugar: 0.76g (0.85%), Cholesterol: 0mg (0%), Sodium: 299.19mg (13.01%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 3.49g (6.97%), Vitamin C: 48.61mg (58.92%), Manganese: 0.66mg (32.99%), Folate: 50.88µg (12.72%), Magnesium: 49.81mg (12.45%), Vitamin E: 1.76mg (11.73%), Phosphorus: 108.02mg (10.8%), Vitamin A: 517.16IU (10.34%), Fiber: 2.35g (9.38%), Copper: 0.19mg (9.26%), Vitamin B6: 0.18mg (8.96%), Vitamin K: 7.6µg (7.24%), Iron: 1.3mg (7.21%), Vitamin B1: 0.09mg (6.15%), Potassium: 211.92mg (6.05%), Vitamin B2: 0.09mg (5.17%), Zinc: 0.76mg (5.05%), Vitamin B3: 0.63mg (3.15%), Selenium: 1.95µg (2.78%), Vitamin B5: 0.27mg (2.67%), Calcium: 24.22mg (2.42%)