



Quinoa Tabbouleh



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



6

CALORIES



164 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 6 servings pepper black freshly ground
- ☐ 1 pint cherry tomatoes halved
- ☐ 1 large cucumber english cut into 1/4" pieces
- ☐ 0.7 cup flat parsley chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon kosher salt plus more
- ☐ 2 tablespoon juice of lemon fresh

- ☐ 0.5 cup olive oil extra virgin extra-virgin
- ☐ 1 cup quinoa rinsed well
- ☐ 2 spring onion thinly sliced

Equipment

- ☐ bowl
- ☐ baking sheet
- ☐ sauce pan
- ☐ whisk

Directions

- ☐ Bring quinoa, 1/2 teaspoon salt, and 1 1/4 cups water to a boil in a medium saucepan over high heat. Reduce heat to medium-low, cover, and simmer until quinoa is tender, about 10 minutes.
- ☐ Remove from heat and let stand, covered, for 5 minutes. Fluff with a fork.
- ☐ Meanwhile, whisk lemon juice and garlic in a small bowl. Gradually whisk in olive oil. Season dressing to taste with salt and pepper.
- ☐ Spread out quinoa on a large rimmed baking sheet; let cool.
- ☐ Transfer to a large bowl; mix in 1/4 cup dressing. DO AHEAD: Can be made 1 day ahead. Cover remaining dressing and quinoa separately; chill.
- ☐ Add cucumber, tomatoes, herbs, and scallions to bowl with quinoa; toss to coat. Season to taste with salt and pepper.
- ☐ Drizzle remaining dressing over.

Nutrition Facts



Properties

Glycemic Index:23.5, Glycemic Load:0.29, Inflammation Score:-8, Nutrition Score:16.810869693756%

Flavonoids

Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg, Eriodictyol: 1.4mg Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg, Hesperetin: 1.1mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Apigenin: 14.58mg, Apigenin: 14.58mg, Apigenin: 14.58mg, Apigenin: 14.58mg Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg, Luteolin: 0.58mg Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg, Kaempferol: 0.16mg Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg, Myricetin: 1.01mg Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg, Quercetin: 1.03mg

Nutrients (% of daily need)

Calories: 164.29kcal (8.21%), Fat: 5.59g (8.61%), Saturated Fat: 0.74g (4.61%), Carbohydrates: 24.2g (8.07%), Net Carbohydrates: 20.66g (7.51%), Sugar: 2.89g (3.21%), Cholesterol: 0mg (0%), Sodium: 210.58mg (9.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.5g (10.99%), Vitamin K: 125.52µg (119.54%), Vitamin C: 32.38mg (39.24%), Manganese: 0.78mg (38.81%), Vitamin A: 1184.88IU (23.7%), Folate: 86.92µg (21.73%), Magnesium: 76.25mg (19.06%), Phosphorus: 170.77mg (17.08%), Iron: 2.64mg (14.67%), Copper: 0.29mg (14.44%), Fiber: 3.54g (14.15%), Potassium: 472.77mg (13.51%), Vitamin B6: 0.25mg (12.31%), Vitamin E: 1.75mg (11.64%), Vitamin B1: 0.16mg (10.54%), Vitamin B2: 0.14mg (8.25%), Zinc: 1.21mg (8.04%), Vitamin B3: 1.05mg (5.24%), Calcium: 51.52mg (5.15%), Vitamin B5: 0.49mg (4.86%), Selenium: 2.96µg (4.23%)