



Quinoa tabbouleh



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



20 min.

SERVINGS



4

CALORIES



389 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 200 g quinoa
- ☐ 12 juice of lemon
- ☐ 4 tbsp olive oil
- ☐ 1 small bunch mint leaves chopped
- ☐ 1 small bunch flat parsley chopped
- ☐ 1 bunch spring onion sliced
- ☐ 0.5 cucumber diced deseeded
- ☐ 1 handful walnuts chopped

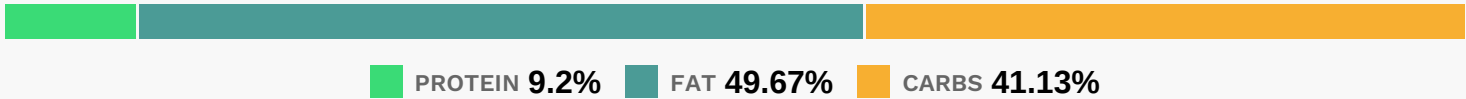
Equipment

☐ frying pan

Directions

- ☐ Rinse the quinoa well and place in a pan with about double the volume of water. Bring to the boil, cover, reduce the heat and gently simmer for 10 mins or until the grain unwraps itself. Turn off the heat and leave to cool slightly, then drain any remaining water.
- ☐ Season the quinoa, stir in the lemon juice and oil and leave to cool fully. Stir in the other ingredients, then serve.

Nutrition Facts



Properties

Glycemic Index:24.75, Glycemic Load:0.42, Inflammation Score:-9, Nutrition Score:24.126086753348%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Eriodictyol: 4.7mg, Eriodictyol: 4.7mg, Eriodictyol: 4.7mg, Eriodictyol: 4.7mg Hesperetin: 13.12mg, Hesperetin: 13.12mg, Hesperetin: 13.12mg, Hesperetin: 13.12mg Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg, Naringenin: 1.24mg Apigenin: 30.77mg, Apigenin: 30.77mg, Apigenin: 30.77mg, Apigenin: 30.77mg Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg, Luteolin: 0.3mg Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg, Kaempferol: 0.29mg Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg, Myricetin: 2.13mg Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg, Quercetin: 1.01mg

Nutrients (% of daily need)

Calories: 388.86kcal (19.44%), Fat: 22.33g (34.36%), Saturated Fat: 2.81g (17.56%), Carbohydrates: 41.62g (13.87%), Net Carbohydrates: 36.38g (13.23%), Sugar: 3.24g (3.6%), Cholesterol: 0mg (0%), Sodium: 13.83mg (0.6%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 9.31g (18.61%), Vitamin K: 257.45µg (245.19%), Vitamin C: 56.53mg (68.52%), Manganese: 1.35mg (67.74%), Folate: 149.24µg (37.31%), Magnesium: 129.38mg (32.34%), Phosphorus: 280.74mg (28.07%), Vitamin A: 1343.62IU (26.87%), Copper: 0.48mg (24.24%), Vitamin E: 3.57mg (23.83%), Fiber: 5.24g (20.97%), Iron: 3.76mg (20.88%), Vitamin B6: 0.36mg (18.1%), Vitamin B1: 0.26mg (17.01%), Potassium: 559.61mg (15.99%), Zinc: 2.08mg (13.85%), Vitamin B2: 0.21mg (12.62%), Vitamin B5: 0.7mg (7.02%), Selenium: 4.8µg (6.85%), Calcium: 68.06mg (6.81%), Vitamin B3: 1.17mg (5.88%)