



Quinoa Tabbouleh

 Vegetarian  Gluten Free

READY IN



30 min.

SERVINGS



4

CALORIES



181 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 bunch curly-leaf parsley chopped
- ☐ 1 cup cucumber english chopped
- ☐ 0.3 cup feta cheese crumbled
- ☐ 1 garlic clove minced
- ☐ 0.5 teaspoon kosher salt
- ☐ 2 tablespoons juice of lemon
- ☐ 2 tablespoons olive oil extra virgin extra-virgin
- ☐ 0.1 teaspoon pepper

- ☐ 0.5 cup quinoa
- ☐ 1 small tomatoes chopped

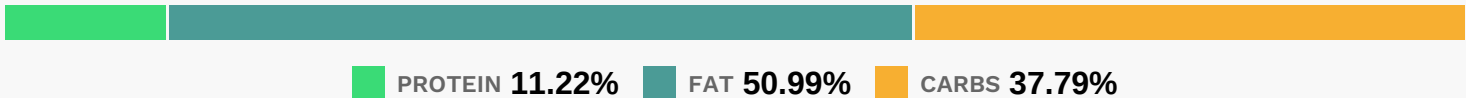
Equipment

- ☐ bowl

Directions

- ☐ Cook quinoa according to package directions.
- ☐ Transfer to a bowl to cool slightly.
- ☐ Mix remaining ingredients in a large serving bowl.
- ☐ Add quinoa and stir gently to combine.
- ☐ Serve with grilled lamb or beef kebabs, if you like.

Nutrition Facts



Properties

Glycemic Index:39.75, Glycemic Load:0.55, Inflammation Score:-8, Nutrition Score:15.025217336157%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg, Naringenin: 0.26mg Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg, Apigenin: 30.71mg Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg, Luteolin: 0.16mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin: 2.16mg, Myricetin: 2.16mg Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg, Quercetin: 0.22mg

Nutrients (% of daily need)

Calories: 180.97kcal (9.05%), Fat: 10.52g (16.18%), Saturated Fat: 2.4g (15.01%), Carbohydrates: 17.53g (5.84%), Net Carbohydrates: 15.12g (5.5%), Sugar: 1.35g (1.5%), Cholesterol: 8.34mg (2.78%), Sodium: 408.62mg (17.77%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 5.2g (10.41%), Vitamin K: 244.26µg (232.63%), Vitamin C: 25.93mg (31.43%), Vitamin A: 1460.62IU (29.21%), Manganese: 0.53mg (26.3%), Folate: 70.53µg (17.63%), Phosphorus: 150.52mg (15.05%), Magnesium: 57.4mg (14.35%), Vitamin E: 1.79mg (11.96%), Iron: 2.12mg (11.76%), Vitamin B2: 0.18mg (10.33%), Vitamin B6: 0.2mg (9.88%), Fiber: 2.41g (9.66%), Copper: 0.18mg (8.91%), Potassium: 308.23mg (8.81%), Calcium: 84.64mg (8.46%), Vitamin B1: 0.12mg (8.13%), Zinc: 1.19mg (7.91%), Selenium: 3.42µg

(4.89%), Vitamin B5: 0.41mg (4.14%), Vitamin B3: 0.78mg (3.88%), Vitamin B12: 0.16µg (2.64%)