



Quinoa Tabbouleh



Vegetarian



Vegan



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



5

CALORIES



182 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 0.3 cup cucumber chopped
- ☐ 0.5 cup mint leaves fresh chopped
- ☐ 2 tablespoons spring onion chopped
- ☐ 0.3 cup juice of lemon fresh
- ☐ 1 tablespoon olive oil extra virgin extra-virgin
- ☐ 2 teaspoons onion fresh minced
- ☐ 1 cup quinoa uncooked

- ☐ 0.3 cup raisins
- ☐ 0.5 teaspoon salt
- ☐ 0.5 cup tomatoes seeded coarsely chopped
- ☐ 1.8 cups water

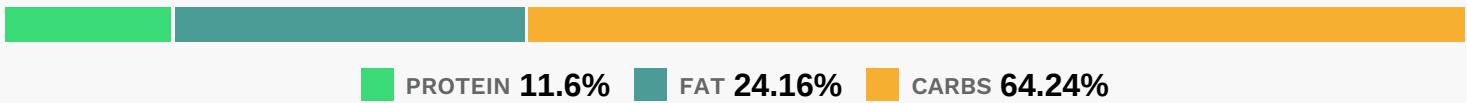
Equipment

- ☐ sauce pan

Directions

- ☐ Combine water and quinoa in a medium saucepan; bring to a boil. Cover, reduce heat, and simmer 20 minutes or until liquid is absorbed.
- ☐ Remove from heat; fluff with a fork. Stir in tomato and remaining ingredients. Cover; let stand 1 hour.
- ☐ Serve chilled or at room temperature.

Nutrition Facts



Properties

Glycemic Index:40.56, Glycemic Load:3.29, Inflammation Score:-6, Nutrition Score:10.081304332484%

Flavonoids

Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg, Eriodictyol: 1.99mg Hesperetin: 2.22mg, Hesperetin: 2.22mg, Hesperetin: 2.22mg Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg, Naringenin: 0.27mg Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg, Apigenin: 0.25mg Luteolin: 0.57mg, Luteolin: 0.57mg, Luteolin: 0.57mg Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg, Isorhamnetin: 0.04mg Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg, Kaempferol: 0.05mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg, Quercetin: 0.55mg

Nutrients (% of daily need)

Calories: 181.99kcal (9.1%), Fat: 5.02g (7.73%), Saturated Fat: 0.66g (4.14%), Carbohydrates: 30.05g (10.02%), Net Carbohydrates: 26.46g (9.62%), Sugar: 0.88g (0.98%), Cholesterol: 0mg (0%), Sodium: 243.31mg (10.58%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 5.43g (10.86%), Manganese: 0.81mg (40.25%), Magnesium: 77.49mg (19.37%), Folate: 75.22µg (18.8%), Phosphorus: 171.33mg (17.13%), Fiber: 3.6g (14.39%), Copper: 0.27mg

(13.49%), Iron: 2.1mg (11.66%), Vitamin C: 9.31mg (11.28%), Vitamin B6: 0.21mg (10.43%), Potassium: 342.96mg (9.8%), Vitamin B1: 0.15mg (9.77%), Vitamin E: 1.35mg (8.99%), Vitamin B2: 0.14mg (8.35%), Vitamin K: 8.48µg (8.07%), Zinc: 1.18mg (7.87%), Vitamin A: 350.05IU (7%), Selenium: 2.98µg (4.25%), Vitamin B3: 0.79mg (3.96%), Calcium: 37.11mg (3.71%), Vitamin B5: 0.33mg (3.3%)