



Quinoa Tabbouleh



Vegetarian



Vegan



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



8

CALORIES



124 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 cups cucumber diced english
- ☐ 0.3 cup juice of lemon fresh
- ☐ 8 mint leaves minced
- ☐ 2 tablespoons olive oil
- ☐ 0.5 cup parsley minced
- ☐ 0.5 teaspoon pepper freshly ground
- ☐ 1 cup quinoa
- ☐ 0.8 teaspoon salt

☐ 2 cups tomatoes diced

Equipment

☐ bowl

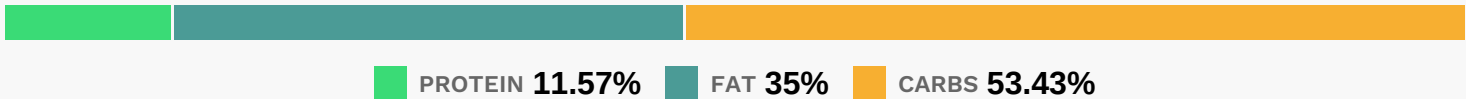
☐ whisk

Directions

☐ Cook quinoa according to package directions, and cool to room temperature. Gently toss quinoa with next 4 ingredients in a large bowl.

☐ Whisk remaining ingredients together in a small bowl, and toss gently with quinoa mixture.

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.43, Inflammation Score:-7, Nutrition Score:10.571739124215%

Flavonoids

Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg, Eriodictyol: 0.68mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg, Naringenin: 0.36mg Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg, Apigenin: 8.14mg Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg, Luteolin: 0.17mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg, Myricetin: 0.61mg Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg, Quercetin: 0.27mg

Nutrients (% of daily need)

Calories: 123.79kcal (6.19%), Fat: 4.95g (7.62%), Saturated Fat: 0.67g (4.16%), Carbohydrates: 17.02g (5.67%), Net Carbohydrates: 14.7g (5.34%), Sugar: 1.64g (1.82%), Cholesterol: 0mg (0%), Sodium: 224.04mg (9.74%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.69g (7.37%), Vitamin K: 71.02µg (67.64%), Manganese: 0.53mg (26.51%), Vitamin C: 14.09mg (17.08%), Vitamin A: 700.09IU (14%), Folate: 54.89µg (13.72%), Magnesium: 52.69mg (13.17%), Phosphorus: 116mg (11.6%), Fiber: 2.32g (9.29%), Copper: 0.17mg (8.5%), Vitamin E: 1.27mg (8.48%), Iron: 1.47mg (8.15%), Potassium: 282.2mg (8.06%), Vitamin B6: 0.15mg (7.61%), Vitamin B1: 0.1mg (6.89%), Zinc: 0.83mg (5.54%), Vitamin B2: 0.09mg (5.35%), Vitamin B3: 0.64mg (3.22%), Vitamin B5: 0.29mg (2.95%), Selenium: 1.9µg (2.72%), Calcium: 26.66mg (2.67%)