



Quinoa Tabbouleh

 Vegetarian

READY IN



30 min.

SERVINGS



30

CALORIES



268 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 9 ounces cherry tomatoes quartered
- ☐ 0.3 cup chives snipped
- ☐ 30 servings feta
- ☐ 1.5 cups flat-leaf parsley leaves
- ☐ 2 tablespoons juice of lemon
- ☐ 1 tablespoon lemon zest finely grated
- ☐ 1 cup mint leaves roughly chopped
- ☐ 2 tablespoons olive oil

- ☐ 30 servings pitas for serving, optional
- ☐ 3 cups quinoa white cooled cooked
- ☐ 30 servings salt and freshly cracked pepper black

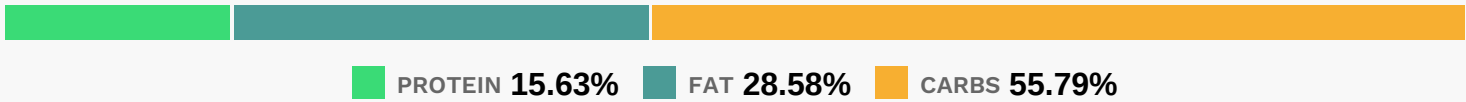
Equipment

- ☐ bowl

Directions

- ☐ In a bowl, place quinoa, parsley, mint, chives, tomatoes and lemon zest and toss to combine.
In a separate bowl, mix lemon juice, oil, salt and pepper; pour over salad and toss to combine.
Top with crumbled feta and serve with pitas, if desired.

Nutrition Facts



Properties

Glycemic Index:8.47, Glycemic Load:31.22, Inflammation Score:-5, Nutrition Score:11.490869535052%

Flavonoids

Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg, Eriodictyol: 0.51mg Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg, Hesperetin: 0.3mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 6.55mg, Apigenin: 6.55mg, Apigenin: 6.55mg, Apigenin: 6.55mg Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg, Luteolin: 0.23mg Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg, Isorhamnetin: 0.02mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg, Myricetin: 0.45mg Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg, Quercetin: 0.09mg

Nutrients (% of daily need)

Calories: 268.03kcal (13.4%), Fat: 8.46g (13.02%), Saturated Fat: 4.26g (26.65%), Carbohydrates: 37.17g (12.39%), Net Carbohydrates: 35.11g (12.77%), Sugar: 0.44g (0.49%), Cholesterol: 26.7mg (8.9%), Sodium: 840.38mg (36.54%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.41g (20.83%), Vitamin K: 51.25µg (48.81%), Manganese: 0.43mg (21.39%), Calcium: 208.69mg (20.87%), Vitamin B2: 0.34mg (19.84%), Phosphorus: 189.05mg (18.91%), Vitamin B1: 0.22mg (14.87%), Zinc: 1.6mg (10.67%), Vitamin A: 500.22IU (10%), Folate: 38.76µg (9.69%), Vitamin B6: 0.18mg (9.08%), Magnesium: 35.8mg (8.95%), Iron: 1.59mg (8.83%), Vitamin C: 7.24mg (8.78%), Vitamin B12: 0.51µg (8.45%), Vitamin B3: 1.69mg (8.44%), Fiber: 2.06g (8.24%), Copper: 0.16mg (7.8%), Selenium: 5.07µg (7.24%), Vitamin B5: 0.54mg (5.43%), Potassium: 163.7mg (4.68%), Vitamin E: 0.38mg (2.52%)