



Quinoa Tabbouleh Arugula Salad



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



515 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 large avocados pitted ripe thinly sliced
- ☐ 4 tablespoons balsamic vinegar
- ☐ 0.5 teaspoon pepper black freshly ground
- ☐ 1 large cucumber diced
- ☐ 1.5 cups olive oil extra virgin
- ☐ 8 ounces feta cheese crumbled
- ☐ 1 teaspoon kosher salt (maybe a touch more after tasting)
- ☐ 0.3 cup parmesan cheese grated

- ☐ 0.5 cup parsley leaves minced
- ☐ 3 roma tomatoes diced

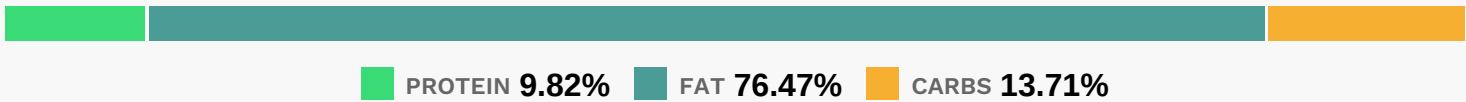
Equipment

- ☐ bowl
- ☐ canning jar

Directions

- ☐ Cook quinoa according to package directions.
- ☐ Transfer to a large bowl and fluff with fork.
- ☐ Let cool for 30 minutes, stirring every 10 minutes or so. When quinoa is cooled for the most part, add Parmesan, tomatoes, cucumber, Feta, parsley, salt and pepper, stirring to combine. To prepare dressing, place olive oil, vinegar, salt and pepper into a large mason jar. Close lid and shake like crazy for a good minute, or until dressing is nicely combined.
- ☐ Drizzle half into quinoa, stirring to combine. Save remaining dressing for drizzling over greens. Divide arugula between 4 large plates. Top arugula with large spoonfuls of quinoa and garnish plate with avocado slices.
- ☐ Drizzle greens with a touch of dressing and serve.

Nutrition Facts



Properties

Glycemic Index:58.5, Glycemic Load:3.42, Inflammation Score:-9, Nutrition Score:25.388695499171%

Flavonoids

Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg, Cyanidin: 0.33mg Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg, Epicatechin: 0.37mg Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg, Epigallocatechin 3-gallate: 0.15mg Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg, Naringenin: 0.32mg Apigenin: 16.23mg, Apigenin: 16.23mg, Apigenin: 16.23mg, Apigenin: 16.23mg Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg, Luteolin: 0.18mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg, Myricetin: 1.17mg Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg, Quercetin: 0.29mg

Nutrients (% of daily need)

Calories: 514.75kcal (25.74%), Fat: 45.19g (69.52%), Saturated Fat: 12.92g (80.76%), Carbohydrates: 18.23g (6.08%), Net Carbohydrates: 10.14g (3.69%), Sugar: 5.31g (5.9%), Cholesterol: 55.9mg (18.63%), Sodium: 1356.13mg (58.96%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 13.06g (26.12%), Vitamin K: 164.11µg (156.29%), Vitamin B2: 0.66mg (39.11%), Calcium: 377.59mg (37.76%), Vitamin C: 28.64mg (34.71%), Vitamin E: 4.88mg (32.52%), Fiber: 8.09g (32.37%), Folate: 128.14µg (32.04%), Phosphorus: 316.61mg (31.66%), Vitamin A: 1510.97IU (30.22%), Vitamin B6: 0.58mg (29.21%), Potassium: 802.56mg (22.93%), Vitamin B5: 2.21mg (22.07%), Zinc: 2.84mg (18.95%), Vitamin B12: 1.04µg (17.38%), Manganese: 0.33mg (16.72%), Selenium: 11.19µg (15.98%), Magnesium: 61.73mg (15.43%), Copper: 0.31mg (15.39%), Vitamin B3: 2.72mg (13.59%), Vitamin B1: 0.2mg (13.46%), Iron: 1.93mg (10.72%), Vitamin D: 0.26µg (1.72%)