




 **38%**
HEALTH SCORE

Quinoa Tabbouleh Salad


 Vegetarian  Vegan  Gluten Free  Dairy Free

READY IN




45 min.

SERVINGS



8

CALORIES



136 kcal

SIDE DISH **ANTIPASTI** **STARTER** **SNACK**

Ingredients

- 1 cup quinoa uncooked
- 2 cups water
- 4 spring onion chopped
- 1 tomatoes diced
- 0.5 large cucumber diced
- 0.3 cup mint leaves fresh loosely packed finely minced
- 0.1 cup parsley fresh finely minced
- 3 tablespoons olive oil

- 0.3 cup juice of lemon (to taste- I like a lot!)
- 1 teaspoon garlic powder
- 8 servings pepper black to taste

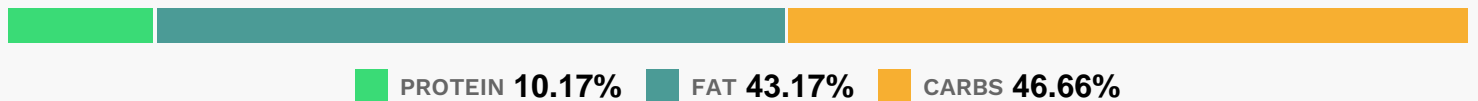
Equipment

- bowl
- sauce pan

Directions

- Bring water to a boil in a medium saucepan.
- Add quinoa and stir. Cover and reduce heat. Allow quinoa to simmer on medium-low heat until all water is cooked off, about 20 minutes. Stir occasionally. Be careful not to burn your quinoa. Allow to cool.
- Place cooled quinoa into a large bowl (preferably something with an airtight lid).
- Add all remaining ingredients and gently stir until very well-mixed. Cover and refrigerate for at least an hour.
- Stir again before serving.
- Can be stored, covered, in the refrigerator for two or three days. But it's best on the first day, when the veggies are still fresh and crisp!

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.32, Inflammation Score:-5, Nutrition Score:8.0786956521739%

Flavonoids

Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg, Eriodictyol: 0.81mg Hesperetin: 1.25mg, Hesperetin: 1.25mg, Hesperetin: 1.25mg Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg, Naringenin: 0.21mg Apigenin: 2.1mg, Apigenin: 2.1mg, Apigenin: 2.1mg, Apigenin: 2.1mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg, Kaempferol: 0.11mg Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg, Myricetin: 0.16mg Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg, Quercetin: 0.76mg

Nutrients (% of daily need)

Calories: 135.89kcal (6.79%), Fat: 6.65g (10.24%), Saturated Fat: 0.89g (5.58%), Carbohydrates: 16.18g (5.39%), Net Carbohydrates: 14.01g (5.09%), Sugar: 1g (1.11%), Cholesterol: 0mg (0%), Sodium: 7.49mg (0.33%), Protein: 3.53g (7.06%), Vitamin K: 33.6µg (32%), Manganese: 0.51mg (25.36%), Folate: 52.44µg (13.11%), Magnesium: 49.96mg (12.49%), Phosphorus: 110.59mg (11.06%), Vitamin C: 8.44mg (10.23%), Vitamin E: 1.42mg (9.45%), Fiber: 2.18g (8.7%), Copper: 0.17mg (8.59%), Iron: 1.34mg (7.42%), Vitamin B6: 0.14mg (7.05%), Vitamin A: 343.19IU (6.86%), Vitamin B1: 0.1mg (6.43%), Potassium: 223.34mg (6.38%), Zinc: 0.79mg (5.24%), Vitamin B2: 0.09mg (5.07%), Selenium: 1.96µg (2.8%), Calcium: 26.03mg (2.6%), Vitamin B3: 0.5mg (2.5%), Vitamin B5: 0.25mg (2.47%)