



HEALTH SCORE

72%

Quinoa Tabbouleh Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



8

CALORIES



156 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup olive oil extra virgin
- ☐ 2.5 cups parsley fresh minced (2 large bunches)
- ☐ 0.8 cup mint leaves fresh minced (1 small bunch)
- ☐ 0.3 cup juice of lemon freshly squeezed to taste ()
- ☐ 1 cup quinoa uncooked
- ☐ 0.3 cup spring onion finely chopped
- ☐ 2 tomatoes fresh

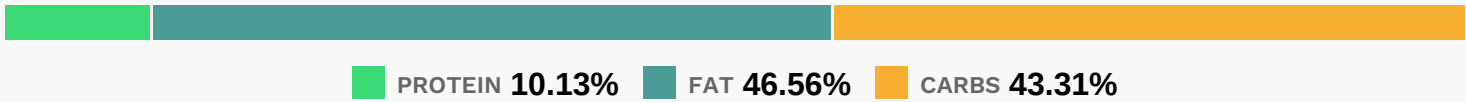
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ sieve

Directions

- ☐ Save Recipe
- ☐ Print Recipe
- ☐ Quinoa Tabbouleh Salad
- ☐ Ingredients1 cup uncooked quinoa2 1/2 cups minced fresh flat-leaf parsley (about 2 large bunches)3/4 cup minced fresh mint (1 small bunch)2 fresh tomatoes1/4 cup finely chopped scallions or onions1/4 cup extra virgin olive oil1/4 cup freshly squeezed lemon juice (or more to taste)You will also need
- ☐ Fine mesh strainer, large skillet, small saucepan, salad bowl
- ☐ Total Time: 45 Minutes
- ☐ Servings: 6–8 servings
- ☐ Kosher Key: Pareve, Kosher for Passover

Nutrition Facts



Properties

Glycemic Index:12.75, Glycemic Load:0.54, Inflammation Score:–9, Nutrition Score:15.508695726809%

Flavonoids

Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg, Eriodictyol: 1.68mg Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg, Hesperetin: 1.53mg Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 40.63mg, Apigenin: 40.63mg, Apigenin: 40.63mg, Apigenin: 40.63mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg, Kaempferol: 0.35mg Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg, Myricetin: 2.82mg Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg, Quercetin: 0.59mg

Nutrients (% of daily need)

Calories: 155.79kcal (7.79%), Fat: 8.31g (12.79%), Saturated Fat: 1.13g (7.06%), Carbohydrates: 17.4g (5.8%), Net Carbohydrates: 14.48g (5.27%), Sugar: 1.23g (1.37%), Cholesterol: 0mg (0%), Sodium: 15.12mg (0.66%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 4.07g (8.14%), Vitamin K: 320.46µg (305.2%), Vitamin C: 34.03mg (41.25%), Vitamin A: 2049.45IU (40.99%), Manganese: 0.55mg (27.63%), Folate: 80.55µg (20.14%), Magnesium: 59.08mg (14.77%), Iron: 2.52mg (14.01%), Vitamin E: 1.83mg (12.17%), Phosphorus: 120.21mg (12.02%), Fiber: 2.92g (11.67%), Potassium: 336.94mg (9.63%), Copper: 0.19mg (9.46%), Vitamin B6: 0.16mg (7.79%), Vitamin B1: 0.11mg (7.4%), Zinc: 0.97mg (6.5%), Vitamin B2: 0.11mg (6.27%), Calcium: 51.96mg (5.2%), Vitamin B3: 0.85mg (4.23%), Vitamin B5: 0.29mg (2.93%), Selenium: 1.85µg (2.64%)