






 **55%**
HEALTH SCORE

Quinoa Tabouli with Lemon Garlic Grilled Shrimp

 **Gluten Free**  **Dairy Free**

READY IN

45 min.

SERVINGS

4

CALORIES

248 kcal

SIDE DISH

Ingredients

- 1 cup quinoa
- 2 cups water
- 2 teaspoons sea salt
- 2 celery stalks
- 4 servings and orange peppers red yellow
- 2 spring onion
- 12 sun-dried olives

- 1 vine ripened tomato seeded
- 0.3 cup corn frozen (may be omitted)
- 0.5 cup parsley fresh chopped
- 6 mint leaves
- 6 cloves garlic finely minced
- 0.5 cup juice of lemon
- 4 servings sea salt
- 10 shrimp with lemon juice and garlic (juice)

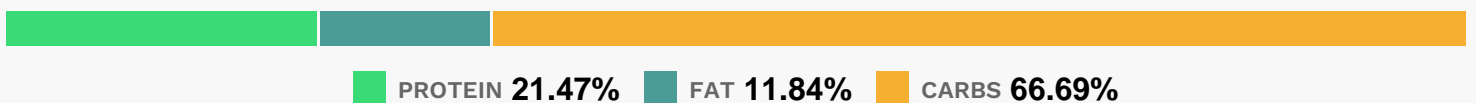
Equipment

- frying pan

Directions

- Add salt to water and boil.
- Toast Quinoa for a couple of minutes in a dry pan moving around so it doesn't burn (when you hear it pop, count to 5 and remove immediately)
- Add Quinoa and cook for 12 minutes on a soft boil, or until all the water is soaked into the Quinoa.
- While cooking the Quinoa, add minced garlic to lemon juice, allow to sit.
- Remove Quinoa from heat and add lemon juice and garlic mixture, mix well. Allow to absorb and cool.
- Chop all veg into similar sized pieces (I like about 1/4 dice).
- Chop parsley and mint finely.
- When Quinoa has cooled, mix everything together.
- Serve with grilled shrimp!

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:2.63, Inflammation Score:-10, Nutrition Score:28.856956521739%

Flavonoids

Eriodictyol: 1.95mg, Eriodictyol: 1.95mg, Eriodictyol: 1.95mg, Eriodictyol: 1.95mg Hesperetin: 4.57mg, Hesperetin: 4.57mg, Hesperetin: 4.57mg, Hesperetin: 4.57mg Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg, Naringenin: 0.63mg Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg, Apigenin: 16.3mg Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg, Luteolin: 0.75mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg, Myricetin: 1.23mg Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg, Quercetin: 1.21mg

Taste

Sweetness: 34.38%, Saltiness: 70.36%, Sourness: 100%, Bitterness: 85.88%, Savoriness: 32%, Fattiness: 24.1%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 247.51kcal (12.38%), Fat: 3.43g (5.28%), Saturated Fat: 0.45g (2.8%), Carbohydrates: 43.52g (14.51%), Net Carbohydrates: 36.84g (13.4%), Sugar: 7.24g (8.04%), Cholesterol: 40.25mg (13.42%), Sodium: 1414.07mg (61.48%), Protein: 14.01g (28.03%), Vitamin C: 127.52mg (154.57%), Vitamin K: 144.74µg (137.85%), Vitamin A: 3414.1IU (68.28%), Manganese: 1.24mg (62.08%), Folate: 149.19µg (37.3%), Magnesium: 130.28mg (32.57%), Phosphorus: 322.28mg (32.23%), Vitamin B6: 0.57mg (28.52%), Fiber: 6.68g (26.71%), Copper: 0.53mg (26.49%), Potassium: 893.05mg (25.52%), Iron: 3.84mg (21.32%), Vitamin B1: 0.27mg (18.31%), Vitamin E: 2.52mg (16.83%), Vitamin B2: 0.27mg (15.86%), Zinc: 2.29mg (15.26%), Vitamin B3: 2.5mg (12.48%), Vitamin B5: 0.86mg (8.58%), Calcium: 84.76mg (8.48%), Selenium: 4.82µg (6.89%)