



## Quinoa, Tomato, Green Onion Side Salad

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



2

CALORIES



396 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

### Ingredients

- 0.5 cup spring onion minced
- 0.5 optional: lemon
- 2 Tbs olive oil
- 0.8 cup quinoa uncooked
- 2 servings salt and pepper
- 2 medium size tomatoes
- 1.5 cups water

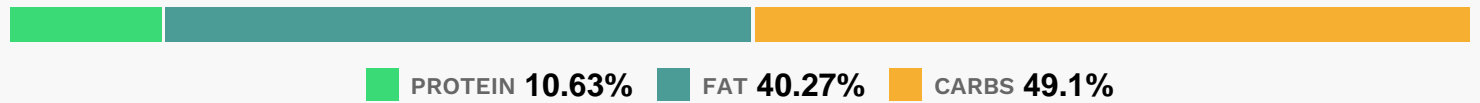
### Equipment

- bowl
- frying pan

## Directions

- Put your quinoa and your water in a pan.
- Heat over medium heat until bubbling, then cover and reduce heat to low. Cook for about 15 minutes or until all the water is absorbed. While your quinoa is cooking, get out and wash your green onions and tomatoes. Chop them roughly. Chop a lemon in half and squeeze one half's juice into a bowl, picking out the seeds.
- Let your quinoa cool. A little warm is fine.
- Add olive oil, lemon juice, and tomatoes and green onions to the pan. Stir.
- Add salt and pepper to your liking.
- Serve chilled

## Nutrition Facts



## Properties

Glycemic Index: 47.75, Glycemic Load: 2.09, Inflammation Score: -9, Nutrition Score: 23.927826086957%

## Flavonoids

Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg, Eriodictyol: 5.77mg Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg, Hesperetin: 7.53mg Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg, Naringenin: 0.98mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg, Luteolin: 0.53mg Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg, Kaempferol: 0.46mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg, Quercetin: 3.69mg

## Taste

Sweetness: 41.46%, Saltiness: 71.86%, Sourness: 100%, Bitterness: 77.85%, Savoriness: 36.45%, Fattiness: 44.86%, Spiciness: 0%

## Nutrients (% of daily need)

Calories: 396.33kcal (19.82%), Fat: 18.24g (28.07%), Saturated Fat: 2.44g (15.22%), Carbohydrates: 50.04g (16.68%), Net Carbohydrates: 42.69g (15.52%), Sugar: 4.49g (4.99%), Cholesterol: 0mg (0%), Sodium: 216.82mg

(9.43%), Protein: 10.84g (21.68%), Manganese: 1.48mg (74.24%), Vitamin K: 69.9µg (66.57%), Vitamin C: 35.86mg (43.47%), Folate: 154.72µg (38.68%), Magnesium: 148.06mg (37.01%), Phosphorus: 334.43mg (33.44%), Vitamin E: 4.41mg (29.42%), Fiber: 7.34g (29.38%), Vitamin A: 1288.71IU (25.77%), Copper: 0.51mg (25.4%), Vitamin B6: 0.45mg (22.29%), Potassium: 756.86mg (21.62%), Iron: 3.86mg (21.43%), Vitamin B1: 0.3mg (19.97%), Zinc: 2.32mg (15.45%), Vitamin B2: 0.25mg (14.79%), Vitamin B3: 1.86mg (9.29%), Selenium: 5.68µg (8.11%), Calcium: 72.87mg (7.29%), Vitamin B5: 0.67mg (6.72%)