



Quinoa Vegetable Salad



Vegetarian



Vegan



Gluten Free



Dairy Free



Popular

READY IN



90 min.

SERVINGS



5

CALORIES



354 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 3 tablespoons balsamic vinegar
- ☐ 1 teaspoon canola oil
- ☐ 0.8 cup carrots diced
- ☐ 0.5 cup corn kernels frozen thawed
- ☐ 0.5 cup cucumber diced
- ☐ 1.5 tablespoons cilantro leaves fresh chopped
- ☐ 1 tablespoon mint leaves fresh chopped
- ☐ 1 tablespoon garlic minced

- ☐ 0.3 teaspoon ground pepper black
- ☐ 2 tablespoons olive oil
- ☐ 2 cups quinoa
- ☐ 0.3 cup onion diced red
- ☐ 1 teaspoon salt
- ☐ 0.8 cup tomatoes fresh diced
- ☐ 2.5 cups water
- ☐ 0.5 cup bell pepper diced yellow
- ☐ 0.3 cup onion diced yellow or purple

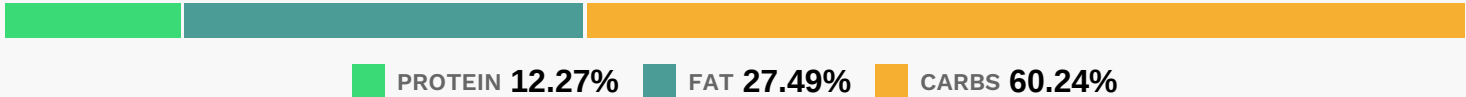
Equipment

- ☐ sauce pan
- ☐ mixing bowl
- ☐ sieve

Directions

- ☐ Heat the canola oil in a saucepan over medium heat. Cook and stir the garlic and 1/4 cup onion in the hot oil until the onion has softened and turned translucent, about 5 minutes.
- ☐ Pour in the water, 2 teaspoons salt, and 1/4 teaspoon black pepper and bring to a boil; stir the quinoa into the mixture, reduce heat to medium-low, and cover. Simmer until the quinoa is tender, about 20 minutes.
- ☐ Drain any remaining water from the quinoa with a mesh strainer and transfer to a large mixing bowl. Refrigerate until cold.
- ☐ Stir the tomato, carrots, bell pepper, cucumber, corn, and 1/4 cup red onion into the chilled quinoa. Season with cilantro, mint, 1 teaspoon salt, and 1/4 teaspoon black pepper.
- ☐ Drizzle the olive oil and balsamic vinegar over the salad; gently stir until evenly mixed.

Nutrition Facts



Properties

Glycemic Index:59.57, Glycemic Load:2.18, Inflammation Score:-10, Nutrition Score:22.622608827508%

Flavonoids

Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg, Eriodictyol: 0.31mg Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg, Hesperetin: 0.1mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg, Apigenin: 0.06mg Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg, Luteolin: 0.31mg Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg, Isorhamnetin: 0.8mg Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg, Kaempferol: 0.18mg Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg, Myricetin: 0.1mg Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg, Quercetin: 3.66mg

Nutrients (% of daily need)

Calories: 353.53kcal (17.68%), Fat: 10.91g (16.78%), Saturated Fat: 1.38g (8.64%), Carbohydrates: 53.79g (17.93%), Net Carbohydrates: 47.25g (17.18%), Sugar: 4.54g (5.05%), Cholesterol: 0mg (0%), Sodium: 526.58mg (22.89%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.96g (21.91%), Manganese: 1.57mg (78.37%), Vitamin A: 3501.59IU (70.03%), Vitamin C: 34.26mg (41.52%), Magnesium: 149.59mg (37.4%), Folate: 148.24µg (37.06%), Phosphorus: 346.61mg (34.66%), Fiber: 6.54g (26.14%), Copper: 0.49mg (24.58%), Vitamin B6: 0.45mg (22.71%), Iron: 3.6mg (19.97%), Vitamin B1: 0.29mg (19.44%), Vitamin E: 2.88mg (19.2%), Potassium: 616.9mg (17.63%), Zinc: 2.37mg (15.81%), Vitamin B2: 0.26mg (15.43%), Vitamin K: 9.83µg (9.36%), Selenium: 6.27µg (8.96%), Vitamin B3: 1.71mg (8.53%), Vitamin B5: 0.75mg (7.47%), Calcium: 60.54mg (6.05%)