



100%
HEALTH SCORE

Radish & Snap Pea Quinoa Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



262 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 1 cup quinoa rinsed
- 2 cups water
- 1 pint sugar snap peas cut in half (2 cups total)
- 7 medium radishes sliced
- 1 large handful parsley minced
- 0.3 cup yogurt plain (cultured coconut milk is my favorite option, but any yogurt will work)
- 2 tbsp tahini
- 0.5 juice of lemon

- 4 servings sea salt to taste
- 4 servings water as needed

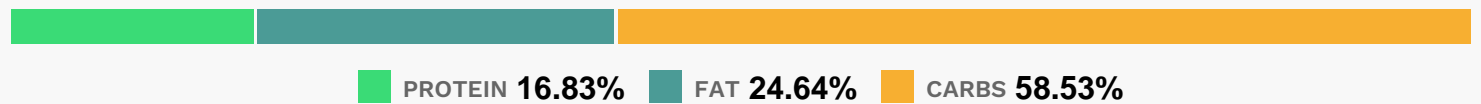
Equipment

- bowl
- sauce pan
- whisk

Directions

- Make the quinoa: combine the quinoa and water in a sauce pan and bring to a boil. Reduce the heat to a simmer (medium-low), stir the quinoa, then cover it and cook for 10 to 15 minutes until all of the water has been absorbed.
- Remove it from the heat, let it sit for 5 minutes, then fluff it up with a fork. Cool the quinoa a bit before making the salad. The quinoa can be made several days in advance and kept in the fridge if needed before using.
- Combine the yogurt, tahini, lemon juice, and a pinch of sea salt in a bowl and whisk until smooth. Thin the dressing out with a bit of water if it is too thick. Set aside.
- Combine the quinoa, snap peas, radishes, and parsley in a bowl.
- Pour over about half of the dressing, then toss to combine. Taste the salad and add more dressing or sea salt if desired. Enjoy at room temperature or chilled. Makes 3 to 4 main dish servings or 6 to 8 side servings.

Nutrition Facts



Properties

Glycemic Index:20.75, Glycemic Load:0.19, Inflammation Score:-9, Nutrition Score:24.041739130435%

Flavonoids

Pelargonidin: 4.42mg, Pelargonidin: 4.42mg, Pelargonidin: 4.42mg, Pelargonidin: 4.42mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg, Naringenin: 0.05mg Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg, Apigenin: 2.15mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

O.01mg, Luteolin: 0.01mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg
Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 0.02mg, Quercetin: 0.02mg,
Quercetin: 0.02mg, Quercetin: 0.02mg

Taste

Sweetness: 35.56%, Saltiness: 91.64%, Sourness: 66.04%, Bitterness: 100%, Savoriness: 32.85%, Fattiness: 33.36%,
Spiciness: 0%

Nutrients (% of daily need)

Calories: 262.13kcal (13.11%), Fat: 7.31g (11.25%), Saturated Fat: 1.23g (7.68%), Carbohydrates: 39.09g (13.03%), Net
Carbohydrates: 32.53g (11.83%), Sugar: 5.68g (6.31%), Cholesterol: 1.99mg (0.66%), Sodium: 231.39mg (10.06%),
Protein: 11.24g (22.48%), Vitamin C: 75.19mg (91.13%), Manganese: 1.16mg (58.03%), Vitamin K: 46.1µg (43.9%),
Folate: 140.33µg (35.08%), Phosphorus: 333mg (33.3%), Magnesium: 126.06mg (31.51%), Vitamin B1: 0.46mg
(30.45%), Vitamin A: 1396.95IU (27.94%), Iron: 4.83mg (26.85%), Copper: 0.53mg (26.44%), Fiber: 6.56g (26.24%),
Vitamin B6: 0.42mg (21%), Potassium: 559.77mg (15.99%), Vitamin B2: 0.26mg (15.58%), Zinc: 2.14mg (14.28%),
Vitamin B5: 1.3mg (12.95%), Calcium: 114.07mg (11.41%), Selenium: 7.4µg (10.58%), Vitamin E: 1.52mg (10.14%),
Vitamin B3: 1.82mg (9.12%)