



Red Quinoa and Roasted Cauliflower Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



444 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 medium cauliflower
- 1 cup quinoa red
- 0.3 cup walnuts chopped
- 0.3 cup apricot dried
- 0.3 cup feta cheese
- 3 spring onion thinly sliced
- 3 Tbsp parsley chopped
- 4 servings salt and pepper to taste

- 1 optional: lemon
- 4 servings olive oil

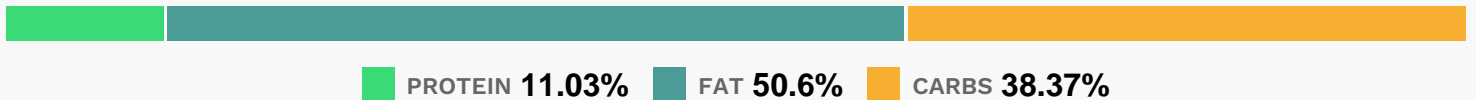
Equipment

- baking sheet
- oven

Directions

- Cook the quinoa according to package directions.
- Preheat the oven to 400 F
- Cut head of cauliflower into florets. Toss with olive oil, salt and pepper and place on a baking sheet. Roast cauliflower for 20 minutes or until tender.
- Meanwhile, crumble the cheese and chop the rest of the ingredients.
- Mix them all together, sprinkle with some extra virgin olive oil and juice from 1/2 a lemon season to taste.
- Serve warm or cold.

Nutrition Facts



Properties

Glycemic Index:50.48, Glycemic Load:3.75, Inflammation Score:-9, Nutrition Score:28.947391304348%

Flavonoids

Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg, Cyanidin: 0.26mg 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: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 6.2mg, Apigenin: 6.2mg, Apigenin: 6.2mg, Apigenin: 6.2mg Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg, Luteolin: 0.69mg Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg, Kaempferol: 0.69mg Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg, Myricetin: 0.56mg Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg, Quercetin: 2.05mg

Nutrients (% of daily need)

Calories: 444.3kcal (22.22%), Fat: 26.19g (40.29%), Saturated Fat: 4.7g (29.36%), Carbohydrates: 44.68g (14.89%),
Net Carbohydrates: 36.5g (13.27%), Sugar: 8.25g (9.16%), Cholesterol: 11.13mg (3.71%), Sodium: 386.4mg (16.8%),
Protein: 12.84g (25.68%), Vitamin C: 89.29mg (108.23%), Vitamin K: 96.82µg (92.21%), Manganese: 1.47mg (73.49%),
Folate: 187.57µg (46.89%), Phosphorus: 348.41mg (34.84%), Magnesium: 131.06mg (32.76%), Fiber: 8.18g (32.72%),
Vitamin B6: 0.62mg (30.91%), Copper: 0.52mg (25.78%), Potassium: 892.15mg (25.49%), Vitamin E: 3.72mg
(24.81%), Vitamin B2: 0.36mg (21.35%), Iron: 3.68mg (20.44%), Vitamin B1: 0.3mg (19.79%), Zinc: 2.48mg (16.54%),
Vitamin B5: 1.57mg (15.75%), Calcium: 144.94mg (14.49%), Vitamin A: 689.23IU (13.78%), Selenium: 7.17µg (10.25%),
Vitamin B3: 1.93mg (9.65%), Vitamin B12: 0.21µg (3.52%)