



Red Quinoa Salad

 Vegetarian  Gluten Free

READY IN



80 min.

SERVINGS



4

CALORIES



488 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 0.3 teaspoon pepper black freshly ground
- ☐ 15 ounce chickpeas rinsed drained canned (garbanzo beans)
- ☐ 0.5 cup cucumber diced seeded ()
- ☐ 0.5 cup feta cheese crumbled
- ☐ 3 tablespoons mint leaves fresh chopped
- ☐ 0.3 teaspoon kosher salt
- ☐ 4 lemon wedges
- ☐ 0.3 cup olive oil

- ☐ 1 tablespoon oregano fresh chopped
- ☐ 1 cup quinoa red uncooked
- ☐ 2 tablespoons red wine vinegar
- ☐ 1.5 teaspoons shallots finely minced
- ☐ 2 cups tomatoes diced seeded ()

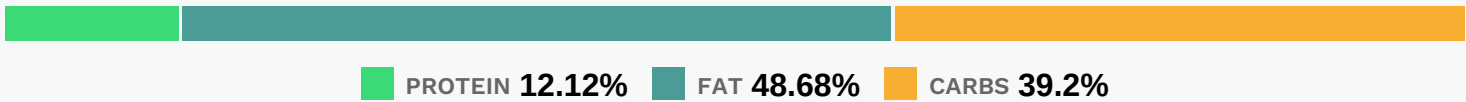
Equipment

- ☐ bowl
- ☐ knife
- ☐ whisk

Directions

- ☐ Cook quinoa according to package directions, omitting salt and fat.
- ☐ Drain and place in a large bowl.
- ☐ Let cool 1 hour.
- ☐ While quinoa cools, combine oil and next 4 ingredients (through pepper) in a small bowl, stirring with a whisk.
- ☐ Let stand 20 minutes.
- ☐ Add dressing, tomato, and next 4 ingredients (through chickpeas) to quinoa; toss well.
- ☐ Add cheese, and toss gently.
- ☐ Serve with lemon wedges.
- ☐ Kids Can Help: With a child-safe knife, kids can chop the tomatoes and cucumber, and then crumble the feta.

Nutrition Facts



Properties

Glycemic Index:53.21, Glycemic Load:5.25, Inflammation Score:-9, Nutrition Score:24.703043232793%

Flavonoids

Eriodictyol: 5mg, Eriodictyol: 5mg, Eriodictyol: 5mg, Eriodictyol: 5mg Hesperetin: 5.4mg, Hesperetin: 5.4mg, Hesperetin: 5.4mg, Hesperetin: 5.4mg Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg, Naringenin: 0.61mg Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg, Apigenin: 0.22mg Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg, Luteolin: 0.84mg Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg, Kaempferol: 0.07mg Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg, Myricetin: 0.19mg Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg, Quercetin: 0.64mg

Nutrients (% of daily need)

Calories: 487.6kcal (24.38%), Fat: 27.01g (41.55%), Saturated Fat: 5.56g (34.72%), Carbohydrates: 48.92g (16.31%), Net Carbohydrates: 38.86g (14.13%), Sugar: 2.75g (3.06%), Cholesterol: 16.69mg (5.56%), Sodium: 663.73mg (28.86%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 15.13g (30.27%), Manganese: 1.97mg (98.49%), Vitamin B6: 0.89mg (44.63%), Fiber: 10.05g (40.22%), Phosphorus: 372.55mg (37.25%), Magnesium: 134.67mg (33.67%), Folate: 133.77µg (33.44%), Vitamin E: 4.33mg (28.85%), Vitamin C: 21.7mg (26.31%), Copper: 0.51mg (25.26%), Iron: 4.52mg (25.14%), Vitamin K: 26.24µg (24.99%), Vitamin B2: 0.35mg (20.48%), Calcium: 194.71mg (19.47%), Potassium: 672.39mg (19.21%), Zinc: 2.84mg (18.93%), Vitamin A: 918.81IU (18.38%), Vitamin B1: 0.26mg (17.45%), Selenium: 8.71µg (12.45%), Vitamin B5: 1mg (9.96%), Vitamin B3: 1.56mg (7.81%), Vitamin B12: 0.32µg (5.28%)