



WHATSheATE



Roasted Green Bean Red Pepper Quinoa Salad



Vegetarian



Gluten Free



Popular

READY IN



40 min.

SERVINGS



4

CALORIES



370 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients



0.3 cup balsamic vinaigrette



0.3 cup feta crumbled



1 pound green beans trimmed cut into bite sized pieces



1 tablespoon oil



1 cup quinoa rinsed well



2 bell pepper red seeds removed cut in half and



4 servings salt and pepper to taste



0.5 teaspoon thyme leaves chopped

- ☐ 0.3 cup walnuts toasted coarsely chopped
- ☐ 1.8 cups water (or vegetable broth)

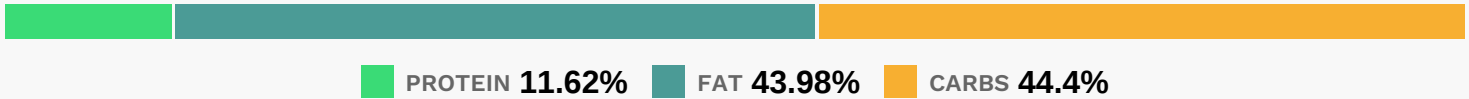
Equipment

- ☐ baking sheet
- ☐ oven

Directions

- ☐ Place the red peppers on a baking sheet with the cut side facing down, broil until the skins are blackened, about 10 minutes, place in a sealable container and let 'steam' for 20 minutes before pinching the skins off and slicing into 1/2 inch pieces.Meanwhile, toss the green beans in the oil, thyme, salt and pepper, place them on a baking sheet in a single layer and roast in a preheated 400F oven until they start to caramelize, about 30 minutes, flipping them half way through.Meanwhile, bring the water and quinoa to a boil, reduce the heat and simmer, covered, until the quinoa is tender and has absorbed the water, about 15–20 minutes, remove from heat and let sit for 5 minutes, covered.
- ☐ Mix everything and enjoy.

Nutrition Facts



Properties

Glycemic Index:53.75, Glycemic Load:3.78, Inflammation Score:-10, Nutrition Score:27.517825821172%

Flavonoids

Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg, Cyanidin: 0.2mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg, Luteolin: 0.62mg Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg, Kaempferol: 0.52mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg, Quercetin: 3.23mg

Nutrients (% of daily need)

Calories: 370.11kcal (18.51%), Fat: 18.7g (28.78%), Saturated Fat: 2.84g (17.73%), Carbohydrates: 42.48g (14.16%), Net Carbohydrates: 34.67g (12.61%), Sugar: 7.75g (8.61%), Cholesterol: 8.34mg (2.78%), Sodium: 856.14mg (37.22%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 11.12g (22.24%), Vitamin C: 90.49mg (109.68%), Manganese: 1.43mg (71.63%), Vitamin A: 2923.23IU (58.46%), Vitamin K: 54.54µg (51.94%), Folate: 153.27µg (38.32%),

Magnesium: 132.95mg (33.24%), Fiber: 7.81g (31.24%), Phosphorus: 309.95mg (30.99%), Vitamin B6: 0.62mg (30.99%), Vitamin B2: 0.39mg (23.23%), Copper: 0.46mg (23%), Vitamin B1: 0.32mg (21.17%), Vitamin E: 3.12mg (20.82%), Iron: 3.69mg (20.47%), Potassium: 643.71mg (18.39%), Zinc: 2.24mg (14.93%), Calcium: 122.09mg (12.21%), Vitamin B3: 2.24mg (11.2%), Vitamin B5: 0.91mg (9.05%), Selenium: 6.12µg (8.74%), Vitamin B12: 0.16µg (2.64%)