



Roasted Red Pepper and Feta Quinoa Salad



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



320 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup balsamic vinaigrette
- ☐ 0.5 cup chickpeas
- ☐ 0.3 cup feta crumbled ()
- ☐ 2 cloves garlic chopped ()
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped ()
- ☐ 1 teaspoon oregano chopped ()
- ☐ 1 cup quinoa white red rinsed (, I used a mix of and)

- ☐ 2 roasted peppers red cut into bite sized pieces)
- ☐ 4 servings salt and pepper to taste
- ☐ 2 cups vegetable broth (or chicken broth or water)

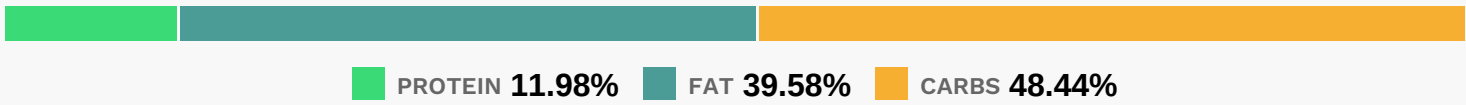
Equipment

- ☐ frying pan

Directions

- ☐ Heat the oil in a pan.
- ☐ Add the onion and saute until tender, about 5–7 minutes.
- ☐ Add the garlic and saute until fragrant, about a minute.
- ☐ Add the roasted red peppers, quinoa, vegetable broth and oregano, season with salt and pepper and bring to a boil.
- ☐ Reduce the heat, cover and simmer until the quinoa is tender and the liquid has been absorbed, about 15 minutes.
- ☐ Remove from heat and mix in the chickpeas, feta and balsamic vinaigrette.

Nutrition Facts



Properties

Glycemic Index:39.94, Glycemic Load:2.33, Inflammation Score:-8, Nutrition Score:14.722173825554%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg, Isorhamnetin: 0.88mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg, Myricetin: 0.03mg Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg, Quercetin: 3.58mg

Nutrients (% of daily need)

Calories: 319.65kcal (15.98%), Fat: 14.14g (21.75%), Saturated Fat: 2.6g (16.26%), Carbohydrates: 38.94g (12.98%), Net Carbohydrates: 33.64g (12.23%), Sugar: 3.25g (3.61%), Cholesterol: 8.34mg (2.78%), Sodium: 1161.39mg (50.5%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 9.63g (19.26%), Manganese: 1.18mg (59.03%), Folate: 123.97µg (30.99%), Phosphorus: 272.07mg (27.21%), Magnesium: 100.86mg (25.22%), Fiber: 5.3g (21.19%), Copper:

0.36mg (18.23%), Vitamin B6: 0.35mg (17.65%), Iron: 3.01mg (16.73%), Vitamin B2: 0.24mg (14.22%), Vitamin B1: 0.21mg (13.85%), Zinc: 2mg (13.3%), Vitamin C: 10.64mg (12.9%), Vitamin E: 1.73mg (11.5%), Potassium: 369.69mg (10.56%), Calcium: 100.18mg (10.02%), Selenium: 6.16µg (8.79%), Vitamin A: 406.51IU (8.13%), Vitamin K: 6.3µg (6%), Vitamin B5: 0.52mg (5.19%), Vitamin B3: 1mg (5.01%), Vitamin B12: 0.16µg (2.64%)