



HEALTH SCORE

66%

Roasted Vegetable and Quinoa Salad



Vegetarian



Gluten Free



Very Healthy

READY IN



45 min.

SERVINGS



8

CALORIES



189 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 cups carrots chopped
- ☐ 4 ounces feta cheese crumbled reduced-fat
- ☐ 1 garlic clove minced
- ☐ 2 teaspoons olive oil
- ☐ 1.5 cups quinoa uncooked
- ☐ 1 bell pepper red
- ☐ 0.3 cup balsamic blend seasoned rice vinegar such as Nakano

- ☐ 3 cups water
- ☐ 1.8 cups baby squash yellow chopped
- ☐ 3.5 cups zucchini chopped

Equipment

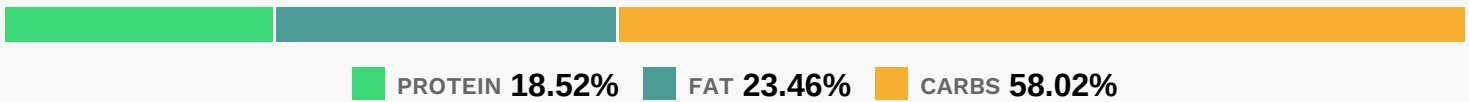
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ sauce pan
- ☐ oven
- ☐ whisk
- ☐ sieve
- ☐ aluminum foil
- ☐ broiler
- ☐ ziploc bags

Directions

- ☐ Preheat broiler.
- ☐ Cut bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet; flatten with hand. Broil 15 minutes or until blackened.
- ☐ Place in a zip-top plastic bag; seal.
- ☐ Let stand 15 minutes. Peel and cut bell pepper into strips.
- ☐ Reduce oven temperature to 50
- ☐ Bring 3 cups of water to a boil in a medium saucepan, and stir in quinoa. Cover, reduce heat, and cook for 15 minutes or until liquid is absorbed.
- ☐ Remove pan from heat, and set aside.
- ☐ Combine vinegar, oil, and black pepper in a medium bowl, stirring with a whisk.
- ☐ Add carrot to vinegar mixture; toss to coat.

- ☐ Drain carrot through a fine sieve over a bowl, reserving carrot and vinegar mixture.
- ☐ Place carrot on a baking sheet coated with cooking spray.
- ☐ Bake at 500 for 10 minutes.
- ☐ Add zucchini and yellow squash to reserved vinegar mixture in bowl; toss well to coat.
- ☐ Drain zucchini mixture through a fine sieve over a bowl, reserving zucchini and vinegar mixtures.
- ☐ Add zucchini mixture to carrot on baking sheet in a single layer.
- ☐ Bake an additional 20 minutes or until vegetables are browned.
- ☐ Remove from oven; cool completely.
- ☐ Combine quinoa, roasted vegetables, reserved vinegar mixture, cheese, and garlic in a large bowl; stir well to combine. Cover and chill.

Nutrition Facts



Properties

Glycemic Index:29.73, Glycemic Load:1.6, Inflammation Score:-10, Nutrition Score:17.251739004384%

Flavonoids

Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg, Luteolin: 0.13mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg, Quercetin: 0.47mg

Nutrients (% of daily need)

Calories: 188.83kcal (9.44%), Fat: 5.05g (7.77%), Saturated Fat: 1.45g (9.07%), Carbohydrates: 28.11g (9.37%), Net Carbohydrates: 23.83g (8.67%), Sugar: 4.55g (5.06%), Cholesterol: 7.59mg (2.53%), Sodium: 160.36mg (6.97%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 8.97g (17.94%), Vitamin A: 5974.43IU (119.49%), Manganese: 0.87mg (43.42%), Vitamin C: 34.96mg (42.37%), Folate: 91.78µg (22.95%), Magnesium: 83.55mg (20.89%), Vitamin B6: 0.39mg (19.49%), Phosphorus: 191.74mg (19.17%), Fiber: 4.28g (17.11%), Potassium: 522.1mg (14.92%), Copper: 0.26mg (13.15%), Vitamin B2: 0.22mg (12.89%), Vitamin B1: 0.18mg (12.07%), Iron: 1.92mg (10.69%), Vitamin E: 1.46mg (9.76%), Zinc: 1.36mg (9.08%), Vitamin K: 8.74µg (8.32%), Vitamin B3: 1.31mg (6.57%), Vitamin B5: 0.53mg (5.33%), Calcium: 43.08mg (4.31%), Selenium: 3.01µg (4.3%)