



 **69%**
HEALTH SCORE

Sesame Beef-Quinoa Salad

 **Gluten Free**  **Dairy Free**  **Very Healthy**

READY IN



45 min.

SERVINGS



4

CALORIES



388 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon no-salt-added beef broth undiluted canned
- 1.5 cups cabbage finely chopped
- 1.5 cups carrots finely chopped
- 1 teaspoon curry powder
- 1 tablespoon gingerroot grated peeled
- 0.5 cup green onions minced
- 8 leaf lettuce leaves green
- 3 tablespoons juice of lime

- 0.5 cup orange juice unsweetened
- 0.3 teaspoon pepper
- 1 cup quinoa uncooked
- 2 cups pan drippings from roast beef preferably lean cubed cooked
- 0.5 teaspoon salt
- 1 teaspoon sesame oil
- 2 tablespoons sesame seed
- 2 cups water

Equipment

- bowl
- frying pan
- sauce pan

Directions

- Place quinoa in a small bowl; cover with warm water, and rub quinoa between hands (water will be cloudy).
- Drain and repeat procedure until water is clear; drain quinoa well.
- Place quinoa in a large nonstick skillet coated with cooking spray; cook over medium heat, stirring constantly, until quinoa is lightly browned.
- Bring 2 cups water to a boil in a medium saucepan; add quinoa. Cover, reduce heat, and simmer 12 minutes or until tender; transfer to a large bowl, and set aside.
- Place sesame seeds in skillet coated with cooking spray; cook over medium heat, stirring constantly, until lightly browned.
- Add to quinoa.
- Cook curry powder in skillet over medium heat, stirring constantly, 2 minutes or until fragrant. Stir in orange juice, lime juice, and gingerroot; bring to a boil.
- Remove from heat. Stir in broth and next 3 ingredients; add to quinoa mixture. Stir in beef and next 3 ingredients. Cover and chill, stirring mixture occasionally.
- To serve, place lettuce on 4 plates. Top each with 2 cups quinoa mixture.

Nutrition Facts

PROTEIN 34.8% FAT 24.13% CARBS 41.07%

Properties

Glycemic Index:65.46, Glycemic Load:3.97, Inflammation Score:-10, Nutrition Score:36.587826397108%

Flavonoids

Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg, Eriodictyol: 0.3mg Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg, Hesperetin: 4.71mg Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg, Naringenin: 0.71mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg, Luteolin: 0.08mg Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg, Quercetin: 1.73mg

Nutrients (% of daily need)

Calories: 388.08kcal (19.4%), Fat: 10.58g (16.28%), Saturated Fat: 2.37g (14.8%), Carbohydrates: 40.51g (13.5%), Net Carbohydrates: 34.38g (12.5%), Sugar: 6.27g (6.97%), Cholesterol: 69.42mg (23.14%), Sodium: 2165.93mg (94.17%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 34.33g (68.67%), Vitamin A: 8396.88IU (167.94%), Vitamin C: 88.22mg (106.94%), Manganese: 1.17mg (58.49%), Vitamin K: 55.62µg (52.97%), Vitamin B3: 10.53mg (52.65%), Phosphorus: 490.23mg (49.02%), Calcium: 438.45mg (43.85%), Vitamin B6: 0.86mg (42.81%), Zinc: 6.28mg (41.89%), Magnesium: 142.53mg (35.63%), Vitamin B12: 2.08µg (34.61%), Folate: 133.61µg (33.4%), Iron: 5.79mg (32.14%), Copper: 0.58mg (29.2%), Potassium: 928.66mg (26.53%), Fiber: 6.14g (24.55%), Vitamin B1: 0.33mg (21.87%), Vitamin B2: 0.36mg (21.15%), Selenium: 13.98µg (19.97%), Vitamin E: 1.64mg (10.96%), Vitamin B5: 0.98mg (9.83%)