



WHATSheATE



HEALTH SCORE

72%

Southwestern Quinoa Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



327 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 cup onion chopped



1 cup quinoa rinsed drained well



1.5 cups chicken broth reduced-sodium



1 cup cilantro leaves fresh packed



0.3 cup pumpkin seeds raw unsalted hulled (pepitas)



2 cloves garlic sliced



0.1 teaspoon ground cumin



2 tablespoons chilis green chopped (from 4.5-oz can)

- ☐ 1 tablespoon olive oil
- ☐ 15 oz black beans drained and rinsed canned
- ☐ 2 cups plum tomatoes chopped (Roma)
- ☐ 2 tablespoons juice of lime fresh
- ☐ 1 avocado pitted peeled thinly sliced
- ☐ 6 small thyme sprigs

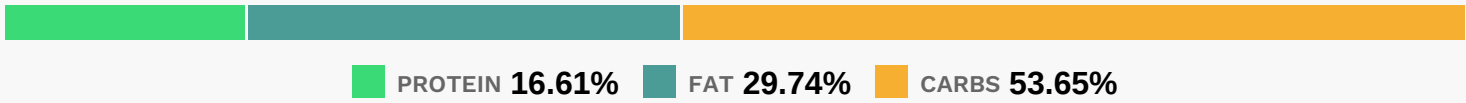
Equipment

- ☐ food processor
- ☐ sauce pan

Directions

- ☐ Spray 3-quart saucepan with cooking spray.
- ☐ Heat over medium heat.
- ☐ Add onion to oil; cook 6 to 8 minutes, stirring occasionally, until golden brown. Stir in quinoa and chicken broth.
- ☐ Heat to boiling; reduce heat. Cover and simmer 10 to 15 minutes or until all liquid is absorbed; remove from heat.
- ☐ Meanwhile, in small food processor*, place cilantro, pumpkin seeds, garlic and cumin. Cover; process 5 to 10 seconds, using quick on-and-off motions; scrape side.
- ☐ Add chiles and oil. Cover; process, using quick on-and-off motions, until paste forms.
- ☐ Into cooked quinoa, add pesto mixture and the remaining salad ingredients. Refrigerate at least 30 minutes to blend flavors.
- ☐ To serve, divide salad evenly among 6 plates; top each serving with 2 to 3 slices avocado and 1 sprig cilantro.

Nutrition Facts



Properties

Glycemic Index:42.83, Glycemic Load:4.95, Inflammation Score:-9, Nutrition Score:21.755652324013%

Flavonoids

Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg, Cyanidin: 0.11mg Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg, Epicatechin: 0.12mg Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg, Epigallocatechin 3-gallate: 0.05mg Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg, Eriodictyol: 0.11mg Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg, Hesperetin: 0.45mg Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg, Naringenin: 0.56mg Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg, Apigenin: 0.03mg Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg, Luteolin: 0.46mg Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg, Isorhamnetin: 1.34mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg, Myricetin: 0.13mg Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg, Quercetin: 7.32mg

Nutrients (% of daily need)

Calories: 326.83kcal (16.34%), Fat: 11.27g (17.34%), Saturated Fat: 1.71g (10.7%), Carbohydrates: 45.74g (15.25%), Net Carbohydrates: 33.44g (12.16%), Sugar: 3.66g (4.07%), Cholesterol: 0mg (0%), Sodium: 48.92mg (2.13%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.16g (28.33%), Manganese: 1.23mg (61.56%), Folate: 208.65µg (52.16%), Fiber: 12.3g (49.19%), Magnesium: 146.16mg (36.54%), Phosphorus: 328.7mg (32.87%), Vitamin C: 22.02mg (26.7%), Potassium: 908.01mg (25.94%), Copper: 0.52mg (25.9%), Vitamin B1: 0.35mg (23.49%), Vitamin K: 23.29µg (22.18%), Iron: 3.95mg (21.92%), Vitamin B6: 0.41mg (20.29%), Vitamin A: 951.89IU (19.04%), Zinc: 2.39mg (15.91%), Vitamin E: 2.29mg (15.27%), Vitamin B3: 2.91mg (14.54%), Vitamin B2: 0.23mg (13.64%), Vitamin B5: 1.01mg (10.14%), Calcium: 64.64mg (6.46%), Selenium: 3.96µg (5.66%)