



WHATSheATE



HEALTH SCORE

74%

Southwestern Quinoa Salad



Vegetarian



Gluten Free



Dairy Free



Very Healthy

READY IN



60 min.

SERVINGS



6

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients



1 avocado pitted peeled thinly sliced



15 oz black beans drained and rinsed canned



6 small cilantro leaves



1 cup cilantro leaves fresh packed



2 cloves garlic sliced



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



0.1 teaspoon ground cumin



2 tablespoons juice of lime fresh

- ☐ 1.5 cups chicken broth reduced-sodium
- ☐ 1 tablespoon olive oil
- ☐ 1 cup onion chopped
- ☐ 2 cups plum tomatoes chopped (Roma)
- ☐ 1 cup quinoa rinsed drained well
- ☐ 0.3 cup pumpkin seeds raw unsalted hulled (pepitas)

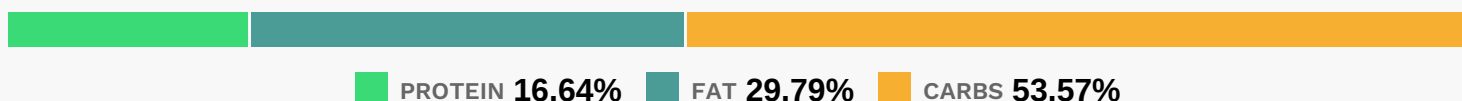
Equipment

- ☐ 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:40.67, Glycemic Load:4.91, Inflammation Score:-9, Nutrition Score:21.969130619712%

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 Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg 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: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg, Quercetin: 8.38mg

Nutrients (% of daily need)

Calories: 326.27kcal (16.31%), Fat: 11.26g (17.33%), Saturated Fat: 1.71g (10.67%), Carbohydrates: 45.56g (15.19%), Net Carbohydrates: 33.35g (12.13%), Sugar: 3.68g (4.08%), Cholesterol: 0mg (0%), Sodium: 49.75mg (2.16%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 14.15g (28.3%), Manganese: 1.22mg (61.13%), Folate: 209.44µg (52.36%), Fiber: 12.21g (48.86%), Magnesium: 145.08mg (36.27%), Phosphorus: 328.6mg (32.86%), Vitamin K: 29.49µg (28.08%), Potassium: 912.34mg (26.07%), Copper: 0.52mg (25.85%), Vitamin C: 20.96mg (25.41%), Vitamin B1: 0.35mg (23.55%), Iron: 3.81mg (21.15%), Vitamin A: 1039.34IU (20.79%), Vitamin B6: 0.41mg (20.26%), Zinc: 2.38mg (15.86%), Vitamin E: 2.34mg (15.6%), Vitamin B3: 2.91mg (14.56%), Vitamin B2: 0.23mg (13.56%), Vitamin B5: 1.02mg (10.21%), Calcium: 61.93mg (6.19%), Selenium: 3.98µg (5.69%)