



WHATSheATE



HEALTH SCORE

97%

Spinach and Feta Quinoa Salad



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



45 min.

SERVINGS



4

CALORIES



251 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 0.3 cup optional: dill chopped ()
- ☐ 0.3 cup feta crumbled ()
- ☐ 2 cloves garlic chopped ()
- ☐ 1 juice of lemon (juice and zest)
- ☐ 1 tablespoon olive oil
- ☐ 1 small onion chopped ()
- ☐ 0.3 cup parsley chopped ()
- ☐ 1 cup quinoa

- ☐ 4 servings salt and pepper to taste
- ☐ 1 bunch pkt spinach roughly chopped ()
- ☐ 2 cups vegetable broth (or chicken broth or water)

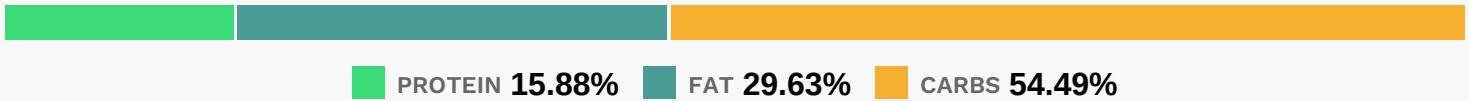
Equipment

- ☐ 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 spinach and cook until it wilts.
- ☐ Add the quinoa, vegetable broth, parsley, dill and season with salt and pepper and bring to a boil.
- ☐ Reduce the heat, cover and simmer until the quinoa is tender, about 20 minutes.
- ☐ Remove from heat and hit it with a splash lemon juice and mix in the feta.

Nutrition Facts



Properties

Glycemic Index:52, Glycemic Load:1.72, Inflammation Score:-10, Nutrition Score:30.193043221598%

Flavonoids

Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg, Eriodictyol: 0.37mg Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg, Hesperetin: 1.09mg Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg, Naringenin: 0.1mg Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg, Apigenin: 8.08mg Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg, Luteolin: 0.68mg Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg, Isorhamnetin: 2.15mg Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg, Kaempferol: 5.99mg Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg, Myricetin: 0.91mg Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg, Quercetin: 8.61mg

Nutrients (% of daily need)

Calories: 251.11kcal (12.56%), Fat: 8.53g (13.13%), Saturated Fat: 2.1g (13.14%), Carbohydrates: 35.31g (11.77%), Net Carbohydrates: 29.93g (10.88%), Sugar: 2.33g (2.59%), Cholesterol: 8.34mg (2.78%), Sodium: 844.93mg (36.74%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 10.29g (20.58%), Vitamin K: 474.42µg (451.83%), Vitamin A: 8809.79IU (176.2%), Manganese: 1.72mg (86.06%), Folate: 261.08µg (65.27%), Vitamin C: 36.03mg (43.68%), Magnesium: 158.73mg (39.68%), Phosphorus: 279.55mg (27.96%), Iron: 4.82mg (26.79%), Vitamin B2: 0.39mg (23.22%), Vitamin B6: 0.46mg (23.22%), Potassium: 801.21mg (22.89%), Vitamin E: 3.33mg (22.18%), Fiber: 5.38g (21.53%), Copper: 0.39mg (19.34%), Calcium: 168.97mg (16.9%), Vitamin B1: 0.25mg (16.77%), Zinc: 2.16mg (14.38%), Selenium: 6.18µg (8.83%), Vitamin B3: 1.49mg (7.44%), Vitamin B5: 0.54mg (5.41%), Vitamin B12: 0.16µg (2.64%)