



 **66%**
HEALTH SCORE

Strawberry-Mango Quinoa Salad

 Vegetarian  Gluten Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



373 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 0.8 cup cucumber
- 2 tablespoons mint leaves fresh chopped
- 1 T honey
- 2 T juice of lime
- 0.5 t lime zest
- 0.5 mangos
- 0.3 c olive oil
- 4 servings bell pepper

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- 1 c quinoa rinsed well
- 4 servings salt
- 1 T yogurt plain sour canned (or yogurt can be subbed)
- 1.5 cups strawberries hulled quartered
- 1.5 c water

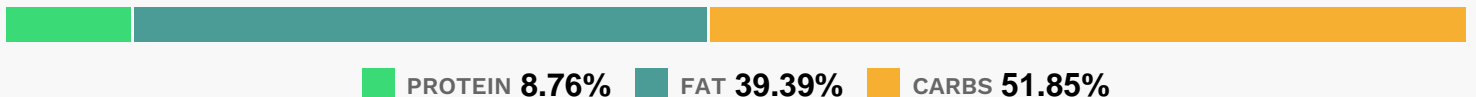
Equipment

- bowl
- baking sheet
- sauce pan
- whisk

Directions

- Prepare the quinoa: In a medium saucepan combine the quinoa, water and 1/4 t. salt. Bring to a boil, reduce heat to low, cover and simmer until the liquid is just absorbed, about 15 minutes.
- Spread the cooked quinoa out on a baking sheet to cool for about 20 minutes. In a large bowl whisk together lime juice, zest, honey, sour cream and olive oil.
- Add the cooled quinoa, strawberries, mango, cucumber and mint. Toss well to combine and season with salt & pepper.
- Serve immediately.

Nutrition Facts



Properties

Glycemic Index:68.51, Glycemic Load:7.26, Inflammation Score:-10, Nutrition Score:27.512608695652%

Flavonoids

Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg, Cyanidin: 0.93mg Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg, Petunidin: 0.06mg Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg, Delphinidin: 0.17mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg, Pelargonidin: 13.42mg Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg, Peonidin: 0.03mg Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg, Catechin: 2.12mg Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg, Epigallocatechin: 0.42mg Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg, Epicatechin: 0.23mg Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg, Epicatechin 3-gallate: 0.08mg Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg, Epigallocatechin 3-gallate: 0.06mg Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg, Eriodictyol: 0.94mg Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg, Hesperetin: 1.03mg Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg, Naringenin: 0.18mg Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg, Apigenin: 0.15mg Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg, Luteolin: 1.25mg Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg, Kaempferol: 0.31mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Taste

Sweetness: 100%, Saltiness: 58.72%, Sourness: 64.62%, Bitterness: 51.23%, Savoriness: 27.69%, Fattiness: 60.52%, Spiciness: 100%

Nutrients (% of daily need)

Calories: 372.99kcal (18.65%), Fat: 17.02g (26.18%), Saturated Fat: 2.4g (14.99%), Carbohydrates: 50.41g (16.8%), Net Carbohydrates: 42.39g (15.41%), Sugar: 17.46g (19.4%), Cholesterol: 0.65mg (0.22%), Sodium: 211.32mg (9.19%), Protein: 8.51g (17.03%), Vitamin C: 235.86mg (285.89%), Vitamin A: 5090.57IU (101.81%), Manganese: 1.31mg (65.48%), Folate: 178.39µg (44.6%), Vitamin E: 5.75mg (38.35%), Vitamin B6: 0.72mg (35.92%), Fiber: 8.02g (32.08%), Magnesium: 118.42mg (29.6%), Phosphorus: 262.66mg (26.27%), Potassium: 747.58mg (21.36%), Copper: 0.38mg (18.78%), Vitamin K: 19.55µg (18.62%), Vitamin B2: 0.31mg (18.04%), Vitamin B1: 0.27mg (17.79%), Iron: 3.14mg (17.43%), Vitamin B3: 2.56mg (12.8%), Zinc: 1.92mg (12.77%), Vitamin B5: 1.02mg (10.2%), Calcium: 61.87mg (6.19%), Selenium: 4.32µg (6.17%)