



Strawberry-Pecan Quinoa Salad

 Gluten Free

READY IN



45 min.

SERVINGS



4

CALORIES



689 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- 1 tablespoon apple cider vinegar
- 0.5 cup arugula loosely packed
- 0.3 teaspoon pepper black freshly ground
- 1 cup feta cheese crumbled
- 1 tablespoon flat-leaf parsley fresh chopped
- 3 tablespoons grapeseed oil
- 0.3 teaspoon kosher salt
- 1 tablespoon juice of lemon fresh

- 1 teaspoon lemon zest
- 1 tablespoon olive oil
- 1 cup pecan halves toasted
- 4 oz pancetta
- 1 cup quinoa uncooked
- 0.3 cup onion diced red
- 1 cup strawberries fresh quartered
- 4 cups water

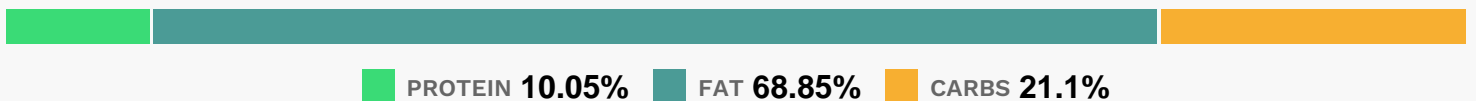
Equipment

- frying pan
- sauce pan

Directions

- Bring water and quinoa to a boil. Cover, reduce heat to medium-low, and simmer 8 to 10 minutes or until tender; drain. Return to saucepan; cover and let stand 10 minutes. Stir together onion, parsley, grapeseed oil, vinegar, lemon zest, lemon juice, salt, and pepper. Saut prosciutto, in hot olive oil in a large nonstick skillet over medium heat 3 to 4 minutes or until slightly crisp; drain well. Toss together onion mixture, prosciutto, quinoa, pecan halves, strawberries, feta cheese, and arugula.

Nutrition Facts



Properties

Glycemic Index:73.5, Glycemic Load:1.65, Inflammation Score:-8, Nutrition Score:25.877826390059%

Flavonoids

Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg, Cyanidin: 3.26mg Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg, Petunidin: 0.04mg Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg, Delphinidin: 1.91mg Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg, Pelargonidin: 8.95mg Peonidin: 0.02mg, Peonidin: 0.02mg, Peonidin: 0.02mg Catechin: 2.91mg, Catechin: 2.91mg, Catechin: 2.91mg

Catechin: 2.91mg Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg, Epigallocatechin: 1.67mg Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg, Epicatechin: 0.35mg Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg, Epicatechin 3-gallate: 0.05mg Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg, Epigallocatechin 3-gallate: 0.61mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg, Naringenin: 0.15mg Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg, Apigenin: 2.16mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg, Isorhamnetin: 0.78mg Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg, Kaempferol: 1.15mg Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg, Myricetin: 0.17mg Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg, Quercetin: 3.32mg Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg, Gallocatechin: 0.01mg

Nutrients (% of daily need)

Calories: 688.77kcal (34.44%), Fat: 53.87g (82.88%), Saturated Fat: 12.1g (75.6%), Carbohydrates: 37.14g (12.38%), Net Carbohydrates: 30.68g (11.16%), Sugar: 3.5g (3.89%), Cholesterol: 52.09mg (17.36%), Sodium: 776.95mg (33.78%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.69g (35.38%), Manganese: 2.18mg (109.16%), Phosphorus: 445.23mg (44.52%), Vitamin E: 5.23mg (34.9%), Magnesium: 134.96mg (33.74%), Copper: 0.64mg (31.93%), Vitamin C: 26.23mg (31.79%), Vitamin B1: 0.47mg (31.36%), Vitamin B2: 0.52mg (30.74%), Folate: 111.6µg (27.9%), Vitamin B6: 0.53mg (26.6%), Zinc: 3.98mg (26.53%), Fiber: 6.47g (25.87%), Calcium: 246.73mg (24.67%), Selenium: 16.11µg (23.02%), Vitamin K: 23.82µg (22.69%), Iron: 3.25mg (18.06%), Potassium: 518.57mg (14.82%), Vitamin B3: 2.63mg (13.15%), Vitamin B12: 0.78µg (12.92%), Vitamin B5: 1.15mg (11.46%), Vitamin A: 337.86IU (6.76%), Vitamin D: 0.26µg (1.76%)