



Strawberry Quinoa and Spinach Caprese Salad



Vegetarian



Gluten Free



Very Healthy



Popular

READY IN



30 min.

SERVINGS



4

CALORIES



326 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

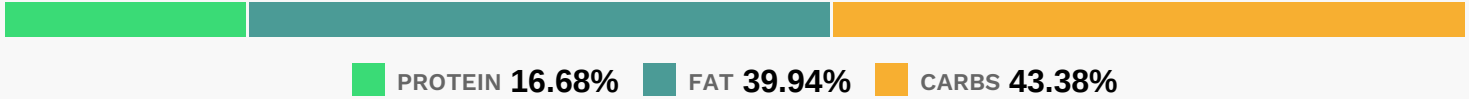
- ☐ 5 ounce baby spinach
- ☐ 0.3 cup balsamic vinaigrette
- ☐ 1 handful basil leaves julienned
- ☐ 1 cup mozzarella cheese fresh sliced
- ☐ 1 cup quinoa rinsed well
- ☐ 2 cups strawberries hulled sliced
- ☐ 1.5 cups water

Equipment

Directions

☐ Bring the water and quinoa to a boil, reduce the heat and simmer, covered, until the quinoa is tender and has absorbed the water, about 15 minutes, remove from heat, let sit covered for 5 minutes and let cook to room temperature. Assemble the salad and enjoy!

Nutrition Facts



Properties

Glycemic Index:42.25, Glycemic Load:1.97, Inflammation Score:-10, Nutrition Score:27.015652076058%

Flavonoids

Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg, Cyanidin: 1.21mg Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg, Petunidin: 0.08mg Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg, Delphinidin: 0.22mg Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg, Malvidin: 0.01mg Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg, Pelargonidin: 17.89mg Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg, Peonidin: 0.04mg Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg, Catechin: 2.24mg Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg, Epigallocatechin: 0.56mg Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg, Epicatechin: 0.3mg Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg, Epicatechin 3-gallate: 0.11mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg, Naringenin: 0.19mg Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg, Luteolin: 0.26mg Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg, Kaempferol: 2.62mg Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg, Myricetin: 0.15mg Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg, Quercetin: 2.21mg Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg, Gallocatechin: 0.02mg

Nutrients (% of daily need)

Calories: 325.79kcal (16.29%), Fat: 14.6g (22.47%), Saturated Fat: 4.51g (28.17%), Carbohydrates: 35.69g (11.9%), Net Carbohydrates: 30.49g (11.09%), Sugar: 4.45g (4.95%), Cholesterol: 22.12mg (7.37%), Sodium: 343.61mg (14.94%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 13.72g (27.44%), Vitamin K: 175.46µg (167.11%), Manganese: 1.47mg (73.7%), Vitamin A: 3553.16IU (71.06%), Vitamin C: 52.38mg (63.5%), Folate: 166.53µg (41.63%), Phosphorus: 328.27mg (32.83%), Magnesium: 127.89mg (31.97%), Calcium: 213mg (21.3%), Fiber: 5.2g (20.81%), Iron: 3.34mg (18.54%), Copper: 0.35mg (17.53%), Vitamin B2: 0.3mg (17.51%), Potassium: 569.93mg (16.28%), Zinc: 2.44mg (16.24%), Vitamin B6: 0.32mg (16.05%), Vitamin B1: 0.21mg (13.77%), Vitamin E: 2.02mg (13.48%), Selenium: 9.02µg (12.88%), Vitamin B12: 0.64µg (10.64%), Vitamin B3: 1.21mg (6.07%), Vitamin B5: 0.48mg (4.82%)