



Summer Quinoa-Tomato Salad

 Gluten Free

READY IN



30 min.

SERVINGS



8

CALORIES



148 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cups quinoa cooked
- 2 large tomatoes quartered cut into cubes
- 0.3 medium onion red chopped
- 2 cloves garlic finely chopped
- 3 tablespoons basil fresh chopped
- 3 tablespoons parsley fresh italian chopped (flat-leaf)
- 0.3 cup olive oil extra virgin extra-virgin
- 3 tablespoons balsamic vinegar

- 1 serving pepper black freshly ground
- 1 Dash sugar
- 1 serving parmesan cheese grated

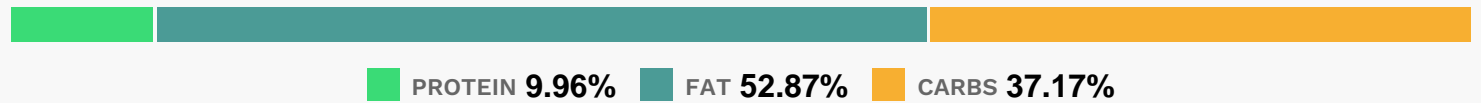
Equipment

- bowl

Directions

- Cool cooked quinoa. Meanwhile, in medium bowl, toss tomatoes, onion, garlic, basil, parsley, oil and vinegar. Season with salt, pepper and sugar.
- Spread cooled cooked quinoa in large serving bowl or on small platter; spoon tomato salad over top. Cover; refrigerate until serving time.
- Before serving, sprinkle with cheese.

Nutrition Facts



Properties

Glycemic Index:50.26, Glycemic Load:5.76, Inflammation Score:-6, Nutrition Score:7.5482608909192%

Flavonoids

Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg, Naringenin: 0.31mg Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg, Apigenin: 3.24mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg, Isorhamnetin: 0.17mg Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg, Kaempferol: 0.09mg Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg, Myricetin: 0.29mg Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg, Quercetin: 0.98mg

Nutrients (% of daily need)

Calories: 148.15kcal (7.41%), Fat: 8.8g (13.54%), Saturated Fat: 1.64g (10.23%), Carbohydrates: 13.92g (4.64%), Net Carbohydrates: 11.94g (4.34%), Sugar: 2.79g (3.1%), Cholesterol: 3.26mg (1.09%), Sodium: 73.79mg (3.21%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.73g (7.46%), Vitamin K: 35.48µg (33.79%), Manganese: 0.38mg (19.22%), Vitamin A: 579.89IU (11.6%), Phosphorus: 109.59mg (10.96%), Vitamin C: 8.85mg (10.73%), Vitamin E: 1.55mg (10.31%), Magnesium: 38.42mg (9.61%), Fiber: 1.98g (7.92%), Folate: 29.94µg (7.49%), Copper: 0.13mg (6.38%), Potassium: 219.79mg (6.28%), Iron: 1.05mg (5.82%), Vitamin B6: 0.11mg (5.61%), Calcium: 52.85mg (5.29%),

Zinc: 0.79mg (5.24%), Vitamin B1: 0.07mg (4.8%), Vitamin B2: 0.08mg (4.49%), Selenium: 2.74µg (3.91%), Vitamin B3: 0.5mg (2.5%)